Toronto metro

Your essential daily news | THURSDAY, AUGUST 20, 2015

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 22

Toronto metro

Your essential daily news | THURSDAY, AUGUST 20, 2015

High 26°C/Low 15°C Showers

METRO PICKS FOR THE CNE
metroNEWS

THE ASHLEY MADISON AFFAIR

A nation of cheaters

- Government officials
- Military officers
- City planners
- Media
- TDSB staff
- Police
- And ... your partner?

Torontonians from every walk exposed in massive leak of data from infidelity website Ashley Madison. Security experts weigh in on bedroom scandal that spreads nationwide.

Plus: Ottawa, sex capital of the world

See metroNEWS for the details.

ISTOCK

TOYOTA On the Park

TOYOTA 2015 FACTORY EVENT

3 DAY sales EVENT

2015 Rav4**

All In Lease $125 @ 1.99%

All In Finance $160 @ 2.99% ZERO DOWN

All In Price $26,299

$1500 CASH REBATE UP TO $250 LEASE ASSIST

2015 DEALER OF THE YEAR TOYOTA CANADA

2015 DEALER OF THE YEAR TOYOTA ONTARIO

2015 Corolla**

All In Lease $69 @ 0.99%

All In Finance $97 @ 0.99% ZERO DOWN

All In Price $17,589

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Rav4 FWD LE all in lease payment is Semi-monthly for 60 months with $1,950 down payment when you apply the $250 Lease Assist. Includes freight and fees, HST extra. All in Finance price is Bi-weekly for 84 months. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra. Corolla CE manual transmission lease is semi-monthly for 60 months with $2100 down payment when you apply the $800 Lease Assist. Includes freight and fees, HST extra. All in Finance is Bi-weekly for 84 months when you apply the $500 Finance Assist. Includes freight and fees, HST extra. All in price includes freight and fees, HST extra.

TOYOTA On the Park

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SALE

Interest rates starting at 1.9%*

2010 Corolla CE

Bi-Weekly 60 months $141 | All in Price* $14,965

2014 Corolla S Upgrade PKG

Bi-Weekly 84 months $163 | All in Price* $21,995

2012 Rav4 FWD - Moon Roof PKG

Bi-Weekly 72 months $152 | All in Price* $17,995

2009 Matrix AWD

Bi-Weekly 60 months $122 | All in Price* $11,995

2012 Camry LE

Bi-Weekly 72 months $162 | All in Price* $19,995

2012 4Runner SR5

Bi-Weekly 84 months $238 | All in Price* $32,888

2014 Venza XLE FWD

Bi-Weekly 84 months $252 | All in Price* $32,995

2010 Prius Moon Roof PKG

Bi-Weekly 60 months $175 | All in Price* $18,495

2012 Prius C Technology Pkg

Bi-Weekly 84 months $129 | All in Price* $18,238

2012 Sienna XLE FWD

Bi-Weekly 84 months $237 | All in Price* $30,995

2011 Rav4 LTD AWD

Bi-Weekly 72 months $178 | All in Price* $21,888

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†1.9% available on TC/IV Corolla and Matrix, 24 month term, OAC. All bi-weekly payments are at 4.99% interest and are all OAC. All in price is plus HST only. †Down payment, terms and interest rates will vary. OAC. Vehicles may not be exactly as shown. All vehicles were available at time of print. Prices and payments are plus tax. All dealer rebates, discounts, factory incentives, prices, and interest rates are subject to change or end without notice as new retail incentive programs are announced. Offers expire August 31st 2015. Cost of credit example: $20,000 x 72 months @4.99% = $365/month, cost of borrowing $3680.

metro NEWS

Your essential daily news

Ex-Subway pitchman to plead guilty to sex crimes. **World**

BOOKS APOLOGY ACCEPTED, APPLAUDED, AWARDED Jackson Dowler, 8, enjoys the media attention he earned earlier this week with a note he wrote to the Main Street Library. There was no last name on the letter, in which he apologized for ripping a book. Jackson's parents realized only Tuesday night who the nation was applauding when a neighbour asked about the news reports. Instead of a fine, the library handed him a gift basket Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

ETHNIC ISSUES

Enclaves no concern: Study

Those alarmed by the growing ethnic enclaves in Canada's big cities should take comfort in a new study.

The report by the Institute for Research on Public Policy found neighbourhoods with a dominant ethnic population are actually places of cultural diversity rather than isolation. In fact, the average number of cultural backgrounds represented, even in enclaves, is close to 15, the study found.

And surprisingly, it also found that members of visible minorities who live in modern-day enclaves in Toronto, Vancouver and Montreal are less likely to experience poverty than their counterparts who live outside them.

"The accelerated development of enclaves in Canadian metropolitan areas does not pose a threat," said the study to be released Wednesday.

"What may surprise many people is the little overlapping between poverty and enclaves," said author Daniel Hiebert, a professor at the University of British Columbia. "The good news is the overlap of enclaves and poverty in Toronto is actually small."

While median household income is lowest in mixed visible-minority neighbourhoods, at about $63,000, those in single-group-dominated enclaves earn $72,600, just short of the metropolitan average of $77,000.

In Europe, enclaves are often seen as "deeply problematic" places set apart from mainstream society, where minority groups are often economically deprived, but that's not the case in Canada, the study notes.

"For the most part, enclaves in Toronto, Vancouver and Montreal would hardly be recognizable to a European," the study says. TORSTAR NEWS SERVICE

Incinerator won't be tossed in trash

REVITALIZATION

City hopes to give new life to heritage landmark

Luke Simcoe
Metro | Toronto

The Wellington Street destructor was created to tear things down, but the city hopes the former incinerator can help build its neighbourhood back up.

Built in 1925, the garbage facility and its three towering smokestacks were a fixture of Toronto's 20th-century skyline. The incinerator remained in operation until the 1960s, when the city switched to landfills.

Now, politicians and planners want to convert the building and nearby land into something new.

"It's a great building with heritage designation, and we need to activate it somehow," said Ward 19 Coun. Mike Layton. "It could be a community centre or an economic-development incubator. Who knows?"

Layton toured the site Wednesday, after cleanup crews removed years of leftover detritus and animal feces. He described the building, with towering ceilings and the remains of some 20 industrial ovens, as "post-apocalyptic" but said there's a lot of potential to reuse it.

Top: built in 1925, the Wellington destructor has been offline since the 1960s. Bottom: the structure's chimneys were a distinctive part of the skyline during the first half of the 20th century. TOP: CITY OF TORONTO ARCHIVES; BOTTOM: LIZ BEDDALL/METRO

> **You can retain a piece of the past that tells the story of the area ... while providing new services for the people who live there now.**
> City planner Graig Uens

A 2014 planning study by the city suggested the destructor could be adapted in the same vein as Wychwood Barns or the Evergreen Brickworks. However, the Wellington location is right in the downtown core.

"There really aren't too many buildings like that in the area that the city owns and are currently vacant," said city planner Graig Uens.

City council likely won't debate the incinerator's fate until next year, Layton said. Until then, he wants to hear from the community about how the site could be used.

"They sky's the limit," he said. "We need to start dreaming."

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WHAT'S UP AT CNE

There's nothing like the Canadian National Exhibition. Every year, upward of 1.3 million people jam Exhibition Place in search of insane calorie-packed food, terrifying thrill rides and amazing entertainers. Now in its 137th year, the CNE — running Friday to Sept. 7 — promises to be another sensory explosion. These are Metro's top picks for the grand affair. **CHRIS BATEMAN** FOR METRO

"One Love" Jamaican Patty Burger by Bub's Bad@ss Burgers

Continuing the storied CNE tradition of endlessly reinventing fast-food classics, Benjamin Lewis, chef at Bub's Bad@ss Burgers, has created a surprisingly delicate take on the cheeseburger. Called One Love, "it's a beef burger inside a Jamaican meat patty with hemp pesto, Monterey Jack cheese and friend onions," he said. "It's a Bub's original." $10

RUSH: Parkour

Get sweaty palms watching these parkour artists throw themselves around a construction-site-themed set that promoters say is the first of its kind in North America. Performers cling to ledges by just their fingertips, leap across terrifying gaps and scale impossible walls to pumping electronic music.

"Baonana Split" by Far East Taco

This classic Chinese breakfast bun has once again been given a dessert makeover for this year's Ex. Building off the success of last year's s'more bao, owner Karen Cho is stuffing banana slices, hazelnut spread, strawberry sauce, chocolate sauce, whipped cream and maraschino cherries into steamed buns. $7

Xpogo Stunt Team

Watch in awe and terror as the bouncing acrobats of the Xpogo Stunt Team perform injury-defying aerial tricks on beefed-up pogo sticks. "It's a street sport," said pogo athlete Ryan O'Malley. "People can expect crazy high-flying acrobatic stunts, great volunteer tricks and flips — flips are what everyone wants to see."

President's Choice SuperDogs

Now in its 37th year, the SuperDogs show is taking on a movie theme for 2015. In Hollywoof!!, dogs Captain Kangaroo, Cohen, Traffic and 57 canine friends will jump, dance, play frisbee and traverse obstacle courses based on classic movies, including Star Wars.

METRO PICKS

"German Poutine Ball" by Vienna

Who's up for meta poutine? These deep-fried poutine balls — of mashed potato, Quebec cheese curd and gravy — are served as poutine, topped with more cheese curd and gravy. "It almost bursts in your mouth: you get the gravy and the gooeyness of the cheese, and then you still have the cheese and the gravy on top to finish it off," said Billie Campbell, a partner in the company. $6.95 regular, $9.95 large

"Frosted Flake Chicken on a Stick" by Iron Skillet Sirloin Tips

The name says it all: chunks of chicken on a stick and battered in sweet frosted flakes.

"You're going to get sweetness for sure, but then you're going to get a slight spice to the batter," said head chef Mauricio Molina. "Inside, you're going to get some nice moisture.... We wanted a little bit of salty and sweet together to make the taste buds go crazy." $10

ALL IMAGES: LIZ BEDDALL/METRO

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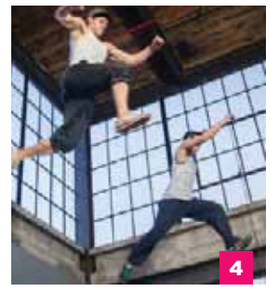

ALL EVENTS **FREE** WITH ADMISSION![†]

1 **Opening Ceremonies**
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Fri Aug 21 | 10 am

2 **West Coast Lumberjack Show**
Daily

3 **The CNE Sky Ride**
Presented by PC Financial
Daily

4 ***RUSH:* Parkour Demonstrations**
Daily

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Ex-child soldier taps city's health market

FOOD

Emmanuel Jal goes to his roots to create smoothie

Gilbert Ngabo
Metro | Toronto

Emmanuel Jal's new product will hit the shelves of Sobeys stores in October. LIZ BEDDALL/METRO

A former child soldier turned peace activist is taking his healing message to the food industry.

Known for his hip-hop songs and peace activism, Toronto's Emmanuel Jal is set to unleash Jal Gua on the local food market next month.

Jal Gua is powder mixture made form sorghum and moringa, two natural, organic ingredients he imports from his home country of South Sudan.

"Most fast foods have no minerals in them," Jal says as he mixed two spoonfuls of the powder with milk, two bananas and strawberries to make a smoothie.

"This product not only gives you enough energy from its ingredients, it also prevents you from craving food."

If Jal talks passionately about healthy eating, it's because he knows a thing or two about it.

Born and raised in a war-torn country, Jal was only 7 years old when he was forced to become a solider. He didn't understand the gravity of what he was going through, but food was scarce. One of his most dreadful memories is when he was tempted to eat one of his colleagues for survival.

"It was really awful, terribly awful. I think I am really lucky to be alive," Jal said, remembering the long journey when he and more than 200 other child soldiers attempted to escape and rejoin their families.

Only 16 of them survived.

A British aid worked smuggled him to Kenya and that's where Jal went to school.

Through his music themed on peace and forgiveness, his journey eventually brought him to Canada two years ago.

Jal Gua was created out of necessity.

A few years ago, Jal developed signs of diabetes and high blood pressure.

A student of the DIY movement, Jal started experimenting with ingredients he knew from his early years.

Health experts at Niagara College tested the product's nutritional values and, with their advice, he started working on properly producing and packaging it.

"I just wanted to go back to eating my traditional food," he said about Jal Gua. "I couldn't remember anyone in my childhood collapsing from high blood pressure. When people are walking and get tired, they immediately think they need coffee or sugar, but actually what they need is minerals."

HOW THE DRINK GOT ITS NAME

- Gua in Nuer — South Sudan's local language — means peace or power. Emmanuel Jal named his product Jal Gua, a combination of his name and his will to give power and peace to people.
- Jal has been a speaker and performing artist for more than 10 years, and co-starred in the movie The Good Lie. He has addressed the UN, U.S. Congress and the Carter Cent. He's also the founder of Gua Africa, an educational charity operating in East Africa.

CRIME

Police arrest panhandling 'fake monk'

Luke Simcoe
Metro | Toronto

Toronto's "fake" Buddhist has gotten the boot.

Police arrested a man posing as a monk outside the CN Tower on Wednesday. Const. Victor Kwong confirmed it's the same individual who made headlines this week for his aggressive attempts at pawning off blessing cards on passersby.

Kwong said police will charge the man with breach of recognizance. He previously was arrested Aug. 12 for aggressive panhandling and was under orders not to be within 100 metres of the CN Tower.

"You wouldn't arrest someone right away for something like this. You'd give them a ticket and hope they cease what they're doing," Kwong said. "But if they keep doing it over and over again you move to the next level."

Off-duty Const. Scott Mills encountered the monk outside a Blue Jays game on Saturday and posted a photo of him to Twitter. Mills claimed the monk was grabbing a woman's arm and threatened to charge him with assault.

"It just bothers me to see people taking advantage of Buddhist monks and what they stand for," he told Metro earlier this week.

"I don't want the generosity of Torontonians compromised to a scam."

Kwong said the suspect's name would be released once charges are laid.

WITH FILES FROM JESSICA SMITH CROSS/METRO

The suspect's name hasn't yet been released by police. CONST. SCOTT MILLS/TWITTER

For women like Monica, your participation means everything.

We're all in this together. Join us Sunday, October 4.

When you register for the Canadian Breast Cancer Foundation CIBC Run for the Cure, you're helping to fund ground-breaking research, targeted treatments and community programs. For the hundreds of thousands of women in Canada living with breast cancer and their loved ones, you can make a difference.

cibcrunforthecure.com

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CANADA-WIDE CLEARANCE

THE POWERFULLY EFFICIENT 2015 CRUZE OFFERS BUILT-IN 4G LTE WI-FI.[1]

However far you travel, you can stay connected in the 2015 Cruze.[2] It's the first car in its class to offer built-in 4G LTE Wi-Fi and 10 standard airbags; while offering a highway fuel consumption rating of 6.2 L/100 km highway,[3] the distance you go can be a long, long way.

Safety 10 Airbags | 4G LTE Wi-Fi | Fuel Efficiency 6.2 L/100km hwy | ★★★★★ NHTSA www.nhtsa.gov+

1 Visit onstar.ca for coverage maps, details and system limitations. Services vary by model, conditions and geographical and technical restrictions. OnStar with 4G LTE connectivity is available on select models and in select markets. Customers will be able to access OnStar services only if they accept the OnStar User Terms and Privacy Statement and Software Terms. After the trial period (if applicable), an active OnStar service plan is required. **2** Devices must be WPA2 compliant. Wi-Fi devices manufactured prior to 2006 may not be compatible. Please consult your device manufacturer for information regarding the WPA2 security protocol and Wi-Fi device compatibility. Vehicle must be started or in accessory mode to access Wi-Fi. Visit onstar.ca for system details and limitations. **3** 2015 Cruze LTZ fuel consumption ratings based on GM testing in accordance with new 2015 Model Year Government of Canada approved test methods. Refer to vehicles.nrcan.gc.ca for details. Your actual fuel consumption may vary. **4** Offer available to qualified retail customers in Canada for vehicles delivered from July 30th and August 31st, 2015. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on all new or demonstrator 2015 Cruze LS 1SA & Diesel. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $40,000 at 0% APR, the monthly payment is $476.19 for 84 months. Cost of borrowing is $0, total obligation is $40,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ® Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. $1,000 finance cash offer is a manufacturer to dealer credit (tax exclusive) for a 2015 Cruze which is available for finance offers only and cannot be combined with special lease rates and cash purchase. **5** Offer valid in Canada until 2015-08-31 for qualified retail customers. 0% lease APR available for 48 months on a new 2015 Chevrolet Cruze LT Automatic on approved credit by GM Financial. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. A down payment or trade of $0 and/or $0 security deposit is required. Bi-weekly payments will vary depending on down payment/trade. Example: 2015 Chevrolet Cruze LT Automatic, including freight and air conditioning levy ($100, if applicable), is $18,798 at 0% APR, Bi-weekly Payment is $95.04 for 48 Months. Total obligation is $9,884. Option to purchase at lease end is $8,913, plus applicable taxes. License, insurance, registration, PPSA, excess wear and tear and km charges, applicable taxes, dealer fees, and other applicable fees not included. Other lease options available. Dealers are free to set individual prices and payments. Limited time offer which may not be combined with certain other offers. General Motors of Canada may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See participating dealer for details. **6** Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2015 model year Chevrolet/Buick/GMC/Cadillac car, SUV, crossover and pickups models delivered in Canada between July 30th and August 31st, 2015. Credit is $500 credit available on Chevrolet Cruze. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer June request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. 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‘Drumathon’ aims for record

CHARITY

Six-day feat on the kit also drums up cash for hospital

Gentle piano chords swooned and drifted through the stand-up speakers surrounding Steve Gaul’s elaborate drum kit, eliciting a sigh from the dead-tired 45-year-old. The song was My Way, but not the Frank Sinatra version.

“Nothing like a nice, slow ballad to keep you awake in the morning,” he quipped, his drooping eyes and half smile suggesting drunkenness, but really it was exhaustion.

Somehow he kept time: Eighth notes on the hi-hat, off-beats cracked against the edge of the snare. And when the final chorus rose — “For what is a man, what has he got!?!” — Gaul switched from the hi-hat to the ride, raising the energy with a burst of enthusiasm.

“The record shows, I took the blows, and did it myyyyyy way-yyyyyy!”

It was the start of his 122nd hour on the drums.

Gaul made the final push on Wednesday to reclaim the Guinness World Record for the longest-ever drum solo, a feat he accomplished in 2011, only to be eclipsed soon thereafter. But this, his third “Drumathon” that began on Friday at the Burlington Music Centre, wasn’t just about securing a spot in the books of posterity.

30

Gaul was allowed 30 seconds between songs if he needed to scoff a quick bite of food or use the washroom.

Gaul was drumming for his daughter, two-year-old Jersey. She was born with a congenital heart defect, with resulting complications defining much of her life, including the installation of a pacemaker and open-heart surgery that triggered a stroke.

So not only was he aiming for 134 hours on the kit, a mark he was set to hit by 10 p.m. Wednesday. He was drumming to raise money for Cardiac Kids. By Wednesday morning, people had donated more than $25,000, which will go to help youngsters like Jersey at Sick Kids Hospital in Toronto.

“I’m crashing, but I’m kind of euphoric at the same time,” Gaul told Torstar News Service on the morning of his sixth and final day behind at the drums.

There was a small audience of supporters in the room, who sporadically clapped and cheered as Gaul played along to tracks like 3 a.m. by Matchbox 20 and AC/DC’s Highway to Hell.

A “command centre” was set up at the back of the room, where Gaul’s friends took shifts at a computer to select music and communicate with him through a microphone. A camera was recording the entire proceedings, and the team planned to send the tape to Guinness World Records to authenticate the feat.

A portable toilet was set up at the back of the room and his support team plied him with water and nutritional supplements.

He was also given five minutes rest per hour, which could be “banked” to accumulate some time to sleep. TORSTAR NEWS SERVICE

Steve Gaul looks up from his throne at the Burlington Music Centre on Wednesday, as he entered hour 123 of a solo marathon. COLE BURSTON/TORSTAR NEWS SERVICE

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Fuel prices are not a fan favourite in Canada; it’s right up there with car insurance premiums. But what about saving money at the pumps too? Below are fuel efficient driving tips that will help increase your fuel efficiency and decrease how often you are at the pumps.

Tip One: Before heading out to run errands, plan your trip

That way you can avoid having to backtrack or criss-cross the city. Also, try to avoid several short trips; instead, combine running several errands into one outing.

Tip Two: Avoid unnecessary idling

Studies have shown that idling for 10 minutes uses about a quarter litre of gas making that daily trip to the drive thru for your coffee, costly.

Tip Three: Lighten the load in your car

For every 100 additional pounds you store in your car, you are lowering the mileage you get per tank by 1-2 per cent.

Tip Four: Remove roof racks when not in use

A roof rack will affect your car’s aerodynamics and will decrease your car’s fuel efficiency which is a real drag to your wallet.

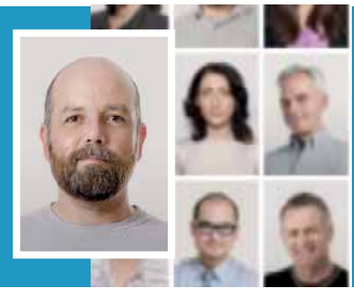
Tip Five: Anticipate traffic

Look at the traffic as far ahead as possible in order to avoid unnecessary stopping and starting within the flow of traffic. Also, if possible, alter your commute time to avoid sitting in traffic.

Tip Six: Accelerate gently and coast to decelerate

The harder you accelerate, the more fuel you consume. The same goes for braking. In fact, jackrabbit starts and stops can increase your fuel consumption by 40 per cent.

Like Tony, you can free up cash by driving with fuel efficiency in mind. He also saved even more money by comparing car insurance rates too.



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EDUCATION

Unions, boards mum on lengthy wage freeze

Most Ontario teachers' unions are back at the bargaining table with school boards, but they haven't even started talking about the government's demand for "net zero" wage increases.

After a lull of several months, negotiations for unions representing 115,000 teachers have either resumed or are scheduled, but they're still dealing with non-monetary issues, said Ann Hawkins of the Ontario English Catholic Teachers' Association.

Hawkins won't say if OECTA is prepared to accept a deal without a pay hike, but points out teachers already had their wages frozen for the previous two years.

"I don't know which other segment of society is going to look at a five-year wage freeze," Hawkins said in an interview.

Premier Kathleen Wynne says the government will not fund any salary increases for civil servants or anyone in the broader public sector — more than one million Ontario workers — until it eliminates an $11.9-billion deficit, which it plans to do by 2017-18.

"I know that there is consternation among the teachers' ranks," Wynne said Wednesday. "I've said all along this is a difficult negotiation. We're in a difficult fiscal situation."

OECTA is scheduled to return to bargaining Thursday, the same day its members will begin job action at a high school in Moosonee, which starts classes several weeks earlier than most Ontario schools.

"Nobody wants to go to work to rule, it's disruptive, but our main focus as teachers is to protect the classroom and the teaching environment," he said.

The unions are warning of co-ordinated job actions if there are no new agreements when classes resume, but none is threatening a full-scale strike at this point. THE CANADIAN PRESS

The U.S. Food and Drug Administration approved the use of Flibanserin on Tuesday. SPROUT PHARMACEUTICALS/HO/ASSOCIATED PRESS

Sexperts talk Addyi

HEALTH

Pill dubbed 'female Viagra' gets mixed reaction

The U.S. Food and Drug Administration's decision Tuesday to approve Addyi, the so-called female Viagra pill led to a wave of mixed reactions from women, health professionals and sex experts. Some say it levels the playing field for women and treatment of sexual problems, others argue it's a step backward for understanding women's sexuality.

Torstar News Service asked a few sex-savvy Torontonians for reaction to news of the latest floated wonder drug, Flibanserin.

> **You've got to celebrate that 69th birthday somehow.**
> Comedian Monica Heisey's hypothetical marketing pitch

Monica Heisey, comedian and author of I Can't Believe It's Not Better: A Woman's Guide to Coping With Life.

Heisey said she thinks it's "crazy" that the drug wasn't already available to women.

"(It's) a classic case of 'Why wasn't this a thing (already) — oh right, sexism,'" she said. "It's wrong to promote the image that only men want to have sex into their old age. Women do, too! Women you know! Possibly your mom!"

Jack Lamon, a worker-owner with Come as You Are Co-operative

While there is something "a little bit equalizing" about approval of a so-called women's Viagra pill, Lamon said he is "extraordinarily skeptical" of the medicalization of sexuality.

"There are definitely folks who have diagnosable medical conditions but I also think that for the most part, women who might identify as having, say, orgasm dysfunction, probably have nothing of the sort and just aren't receiving enough stimulation."

Cynthia Loyst, co-host of The Social, advocate for healthy sexual information

"It's a big win for big pharma, isn't it," Loyst said.

She said she's concerned about the new pill's side effects — including dizziness, sleepiness, nausea — and is not convinced studies prove its efficacy.

"I would much rather spend my money on sex toys and great erotica and lubes and meditation and yoga and meditation and therapy," Loyst said.

Carlyle Jansen, educator at Good For Her, author of Sex Yourself

"I think women's desire is much more complex than the drug is designed to do," Jansen said. "We're comparing ourselves to men, as though men are the benchmark ... but men are different and they have testosterone."

Jansen said women with low sex drives should experiment with what gets them in the mood first. Start with a kiss and go from there, she said. TORSTAR NEWS SERVICE

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Some of hacked data fake: Expert

ASHLEY MADISON

Notorious infidelity website lacks verification

Luke Simcoe and Jessica Smith Cross
Metro | Toronto

Teachers, city planners, cops and TTC drivers are among the Torontonians whose email addresses show up in a massive leak of data from infidelity website Ashley Madison.

But are they all cheaters?

Not necessarily.

So far, security experts have determined that the hack — from which information was released late Tuesday by a group called Impact Team — is real. The email addresses and personal information involved was on file with the website.

Ashley Madison didn't have a system in place, however, that would prevent someone from signing up under a fake email address, or one belonging to someone else.

"There was no requirement for verification prior to being added to their database," said Christopher Parsons, a post-doctoral researcher and cybersecurity expert at the University of Toronto's Citizen Lab. "It's entirely possible that people's email addresses were added by friends or co-workers as a prank."

But, he said, the likelihood of that "is somewhat low."

Just because someone's email address can be found in the database doesn't mean they were active users who committed adultery. They could have just been curious about the site, Parsons said.

While those who registered for the site using their official, government-issued email addresses may be naive, Parsons said some of them may have done so intentionally.

"Perhaps they share a personal email account with their spouse or partner," he said. "Using their government account might have been seen as safer."

Although there have been larger data breaches in the past, Parsons said the Ashley Madison hack is of concern because government officials found using the site could become victims of blackmail.

It's happened after data breaches in the U.S. and could happen just as easily in Canada, he said.

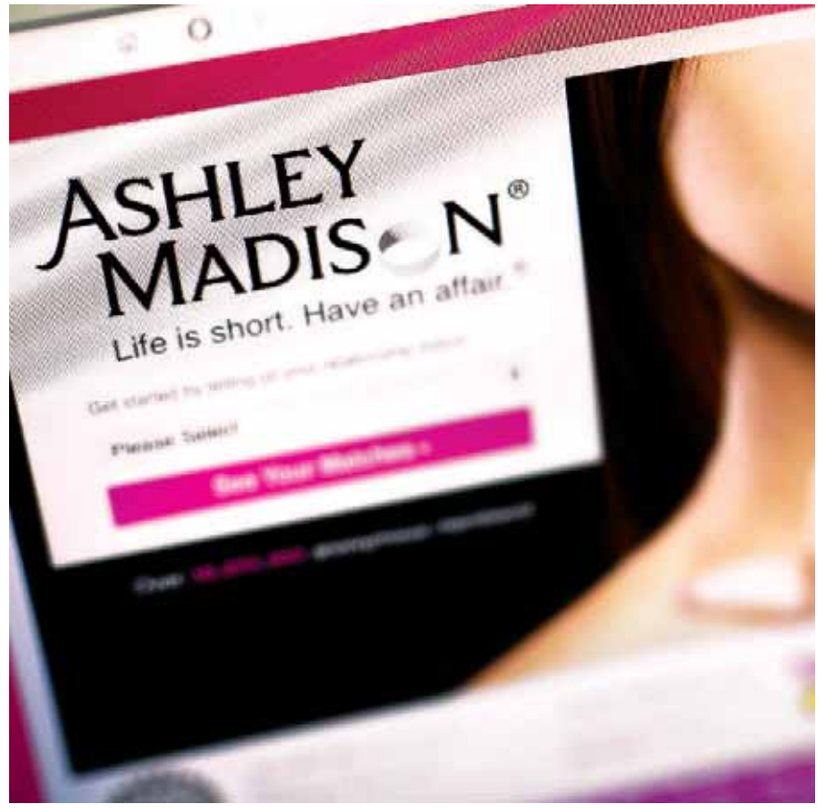
PRIVACY ACT

Cybersecurity weak

Private companies in Canada are not required to report data breaches.

The data leak on Ashley Madison came to light because the hackers announced it.

Canada's Digital Privacy Act, passed by the Senate in June, will require companies to report breaches once regulations are prepared. TORSTAR NEWS SERVICE



The Ashley Madison hack was instigated by people who want the site taken down, saying the majority of female profiles are fakes and that the company isn't deleting people's information like they had promised. GETTY IMAGES

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Cyber security 'inadequate'

HACKING

Businesses have little incentive to report data breaches

Last year's breach of thousands of Target Canada customers was revealed partly because the United States requires companies to report data breaches. DAVE CHIDLEY/THE CANADIAN PRESS

Canadians are clueless about the vast majority of corporate data hacks because the cost of revealing a breach hits companies' bottom lines harder than keeping consumers in the dark.

Wednesday's cyber attack on Toronto's infidelity dating site Ashley Madison shone a spotlight on a risk that usually lurks in the shadows due to a lack of legal incentives to report hacks, experts say.

"The security at Canadian organizations today is inadequate," said Claudiu Popa, CEO of cyber security firm Informatica Corp.

"In Canada, we don't have a law that is prescriptive enough to tell companies that they absolutely need to buy this or that type of technology."

Sometimes, he said, companies don't even know they've been targeted.

While the government is required to report data breaches such as last year's Heartbleed attack at the Canada Revenue Agency, private companies are not required to report them.

The data leak on the notorious cheating website came to light because the hackers announced it, while last year's breach of thousands of Target Canada customers was revealed partly because the United States requires companies to report data breaches and imposes fines on companies that allow consumers' files to be exposed.

> **If you're a hacker you have to succeed once.**
> Christopher Parsons

"It's in their best interest to play along and to invest in more sophisticated technology for detection and prevention," Popa said.

"That's really what's lacking in Canada today."

Canada's Digital Privacy Act, passed by the Senate in June, will require companies to report breaches once regulations are prepared. But experts say it is essentially toothless because it does not contain financial penalties.

"There's the obligation to report, which is of course positive, but without any sort of punitive consequences you run into the question of how useful is the notification itself," said Christopher Parsons, managing director of the telecom transparency project at the Munk School of Global Affairs' Citizen Lab.

One-third of Canadian IT professionals surveyed in a Ponemon Institute report last June said their company had experienced at least one cyber attack in the past 12 months. And nearly six in 10 respondents said they don't believe their organization is protected from a cyber attack.

However, there is little data on how secure corporate Canada truly is, partly because of a lack of breach notification laws, Parsons said.

Without a financial incentive to beef up security in the way of fines, companies are unlikely to shell out the millions of dollars required to identify and prevent them, he said.

Executives tend to reject further investment in cyber security because "for most companies security is a drag," Parsons said, adding that hacking concerns tend to lead to IT professionals saying "no" to a lot of ideas, while their focus on risk-reduction also eats up time, money and resources.

"All those nos either inhibit fast fluid business or they increase the cost and the friction of anything a company wants to do."

While hackers are getting more sophisticated, many use low-skill attacks to target an oversight such as outdated software.

"Cyber criminals are not necessarily the most skilled and they don't need to be because defences are not that sophisticated," Parsons said.

TORSTAR NEWS SERVICE

RELATIONSHIPS

Cheating a bigger issue: Expert

Cheating can devastate any relationship — but what to do with the remnants?

If your spouse or partner might be cheating, confront, talk and be honest, "but not in an accusatory way," says relationship expert Kimberly Moffit, who heads KMA Therapy in Toronto.

Cheating is a symptom of an underlying problem, she said — if you want to remain a couple, solve that.

"Just because they signed up for a site, it doesn't necessarily mean they had a physical affair," she added, but that's beside the point.

Whether to believe one's partner actually cheated would depend on individual situations, but a person's name being on Ashley Madison is in itself a problem, Moffit said.

Often, cheating — or the intention to cheat — is a result of neither party putting effort into a relationship or a series of unresolved disagreements, she said. TORSTAR NEWS SERVICE

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CAMPAIGN TRAIL

Wynne takes aim at Harper

Ontario Premier Kathleen Wynne has frequently waded into federal politics through clashes with Stephen Harper, but in the midst of a federal election campaign she isn't easing off — she has jumped in with both feet.

Wynne has been actively campaigning for federal Liberal Leader Justin Trudeau, but nearly as often she promotes her federal counterpart she slams the prime minister, which could be seen as payback for Stephen Harper's attacks against her in last year's provincial election.

"I've been quite clear that we need a new government, that this government has not worked well with the province of Ontario, and I've been clear about that for some time," Wynne said Wednesday.

"I've also been clear that I support Justin Trudeau, and I will continue to look for a partner at the federal level that is bringing forward polices that will make sense for the people of Ontario."

Far from being content to merely deflect Wynne's barbs, Harper has gone on the offensive against the Liberal premier at many a campaign stop. The Conservative leader took the unusual step last week of returning to the microphone after reporters had asked all their questions because no one had raised the Ontario pension plan.

"I am delighted to see that our refusal to co-operate with the imposition of this tax is making it more difficult for the Ontario government to proceed," he said.

Harper used Wynne's pension proposal as the basis to attack his Liberal and New Democrat rivals again Wednesday during a campaign stop in London, Ont.

"Thomas Mulcair and Justin Trudeau essentially want to nationalize the Kathleen Wynne payroll tax hike," he said.

"I find it appalling that people who have demonstrated they cannot run the finances of the government think they are going to better run our own retirement finances for us."

The war of words between the two leaders has been ongoing long before the campaign, but it seems to have escalated the day Harper called the election. Wynne telephoned reporters to lash out at his Conservative government for not co-operating with her government on several issues, especially the proposal for a provincial pension plan.

THE CANADIAN PRESS

PM sidesteps questions about his former aide

FRAUD TRIAL

Still unclear if Ray Novak will be fired

Conservative Leader Stephen Harper is staying mum on the fate of Ray Novak after court testimony that his top aide had direct knowledge of the secret payment to cover Mike Duffy's disputed expenses.

Pressed about the issue Wednesday during a campaign stop in London, Ont., Harper sidestepped media questions about what Novak knew and whether his long-time confidante still has his support.

"I'm certainly not going to comment on matters that are part of an ongoing court case," Harper told reporters.

On Tuesday, Duffy's fraud and breach of trust trial heard that Novak was in the room when Nigel Wright, at the time Harper's chief of staff, first told the prime minister's lawyer Ben Perrin that he intended to give the embattled senator $90,000 to repay the expenses.

That statement contradicts the Conservative Party's version of events — that Novak was not in the loop on Wright's decision to personally pay Duffy's expenses.

The latest revelation puts a spotlight on Novak, who was promoted to chief of staff after Wright was forced out when his payment to Duffy became public in 2013.

It also raises fresh questions about what Harper himself knew about the deal. The Conservative leader has repeatedly said he had no knowledge that Wright himself had covered Duffy's costs.

Harper refused to respond to direct questions about whether Novak had his support and would remain involved in the ongoing election campaign.

Both the Liberals and New Democrats are calling on Harper to fire Novak and on Wednesday, Liberal Leader Justin Trudeau urged the Conservative leader to "come clean" on the affair.

"The prime minister has to start telling the truth to Canadians," Trudeau said Wednesday morning during a campaign stop in Winnipeg.

NDP Leader Thomas Mulcair also took aim Harper, saying the fact that Novak knew about the deal makes it certain that the Conservative leader also must have known. TORSTAR NEWS SERVICE

The prime minister's chief of staff Ray Novak was found to have direct knowledge of the secret payment to cover Mike Duffy's disputed expenses. ADRIAN WYLD/THE CANADIAN PRESS FILE

WHERE THE LEADERS ARE TODAY

- **Justin Trudeau** will be in Victoria, B.C., to make an announcement.
- **Tom Mulcair** will be in Vancouver and will attend a rally in Winnipeg.
- **Elizabeth May** will attend a concert in Brentwood Bay, B.C.

Stephen Harper's itinerary was unavailable.

ELECTION 2015

Liberals promise flexible work hours if elected

Under a Liberal government, one million employees would have the right to request flexible work hours to help them balance the demands of work and family, Justin Trudeau said Wednesday.

Trudeau told a Winnipeg rally that, if elected this fall, his party would ensure all employees covered by federal labour law would have the legal right to ask their bosses for flexibility in their workday start and finish times, as well as the ability to work from home.

"The way Canadians work is changing. The way Canadians live is changing," he told about 200 supporters. "It's about recognizing that we can increase the productivity [of] Canadians and protect their quality of life in a way that will grow the economy."

A Liberal government would amend the Canada Labour Code and would also work with provincial governments to put the same rights into their own labour legislation, Trudeau said.

While employees would have the right to ask for more flexible work hours, there is nothing in the Liberal plan that would require employers to grant the request. "The employee is allowed to ask and the employer needs to formally respond in writing to that request," Trudeau said.

A similar plan in the United Kingdom has shown that about 80 per cent of requests from employees for changes in work hours are eventually granted, he added.

But NDP Leader Tom Mulcair called the proposal "wanting" and wouldn't say whether his party would support a similar initiative.

"You're going to be allowed to ask for flexible hours but your employer can say no," Mulcair said during a stop in Surrey, B.C. "Well, that's already the case today so I'm not too sure what they announced, to be honest with you."

> **"The employee is allowed to ask and the employer needs to formally respond in writing."**
> Justin Trudeau

The Conservatives criticized the proposal saying the "entire 'policy' involves employers writing a letter."

"Justin's announcement lacks any teeth or enforceability, and does not apply to the vast majority of workers," the party said in an emailed statement.

Dan Kelly, president of the Canadian Federation of Independent Business, said it's not clear what the Liberal proposal would accomplish. Informal requests are made by employees across Canada already and are granted, he said.

In fact, he said current labour law can stand in the way of such arrangements by binding the hands of employers to pay overtime. THE CANADIAN PRESS

Guilty plea expected

CRIME

Ex-Subway pitchman may face up to 30 years in prison

Longtime Subway pitchman Jared Fogle agreed Wednesday to plead guilty to allegations that he paid for sex acts with minors and received child pornography in a case that destroyed his career at the sandwich-shop chain and could send him to prison for more than a decade.

Prosecutors allege that Fogle knew the pornography had been secretly produced by the former director of his charitable foundation, which sought to raise awareness about childhood obesity and arranged for Fogle to visit schools and urge children to adopt healthy eating and exercise habits.

Authorities reviewed tens of thousands of text messages and emails as part of their investigation into Fogle, who used "wealth, status and secrecy" to exploit children, U.S. Attorney Josh Minkler said.

A tight-lipped Fogle sat in federal court with his hands clasped and quietly answered "no" when the judge asked whether he had any questions about his rights.

He is expected to enter the formal plea at a later date to one count each of travelling to engage in illicit sexual conduct with a minor and distribution and receipt of child pornography.

The agreement released by prosecutors said Fogle will pay $1.4 million in restitution to 14 minor victims, who will each receive $100,000.

He will also be required to register as a sex offender and undergo treatment for sexual disorders.

The child-porn charge carries a maximum penalty of 20 years in prison.

The count involving sex with a minor is punishable by up to 30 years. THE ASSOCIATED PRESS

$1.4 million

The amount the accused will pay in restitution to his victims — $100,000 each.

Former sandwich spokesman Jared Fogle leaves his home in Zionsville, Ind., last month. MICHAEL CONROY/THE ASSOCIATED PRESS FILE

SOUTH AFRICA

Pistorius early release withdrawn

Two days before he was due to leave prison, Oscar Pistorius' early release was suddenly put on hold Wednesday by South Africa's Department of Justice, which sent his case back to a parole board.

It was unclear when the board would be able to meet again, justice department spokesman Mthunzi Mhaga said, but it was unlikely a new decision could be made by Friday's initially planned release date.

Pistorius, the double-amputee Olympic runner, is serving a five-year sentence for manslaughter for killing girlfriend Reeva Steenkamp in 2013. He was eligible to be moved from jail to house arrest after serving one-sixth of that sentence, or 10 months, which is up on Friday.

Wednesday would also have been Steenkamp's 32nd birthday, and her parents earlier held a beachside ceremony in their hometown of Port Elizabeth on South Africa's south coast.

In blocking Pistorius' release, the justice department said he was approved for home correctional supervision by parole officials in June, only eight months into his sentence. By law he should have served 10 months of his sentence before his case could be reviewed, the department said.

"It is apparent therefore that the decision to release him on 21 August 2015 was made prematurely on 5 June 2015 when the offender was not eligible to be considered at all," the justice department stated.

Spokesman Mhaga said "the decision of the parole board will have to be suspended" until the board can meet again for a fresh hearing. The earliest the board could now meet again would be Friday.

The justice minister's decision to review Pistorius' early release was "valid," said Mannie Witz, a South African criminal-law expert, but continuing Pistorius' detention could be challenged in court. THE ASSOCIATED PRESS

IN BRIEF

German lawmakers approve Greece bailout

Germany's parliament overwhelmingly approved a third bailout for Greece on Wednesday, removing the last hurdle to providing new loans to the country and keeping it from defaulting on its debts in as little as 24 hours. Lawmakers voted 453-113 in favour. The vote means Greece is cleared by European states' parliaments to get the first instalment of its new $95 billion US loan. THE ASSOCIATED PRESS

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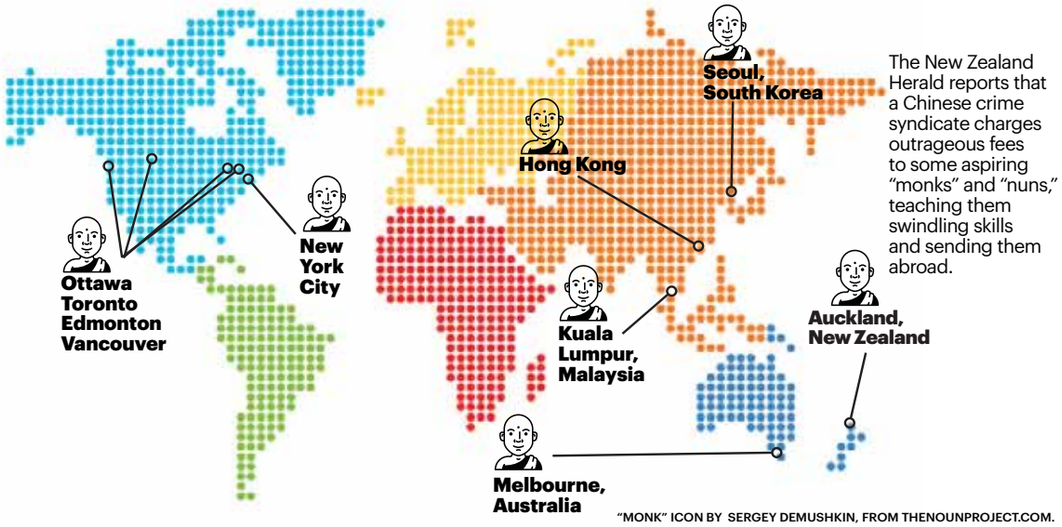
AMNESTY INTERNATIONAL

metro VIEWS
Your essential daily news
Thursday, August 20, 2015

THE BIG THING: BOGUS BUDDHISTS

The routine is suspiciously similar in cities around the world: Men dressed in flowing orange robes approach passersby, slipping a bracelet onto their wrists or handing them a gold-foil token with a garbled platitude like "Work Smoothly Lifetime Peace." Then they demand a donation of $10 or more, sometimes with a story about a temple needing repair. But it's a ruse: Though real monks may accept donations of food, the monastic lifestyle forbids begging. This has spurred speculation about where these not-so-pious panhandlers came from and if their efforts are organized. Here are just a few places where they've been spotted.

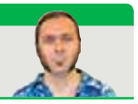


The New Zealand Herald reports that a Chinese crime syndicate charges outrageous fees to some aspiring "monks" and "nuns," teaching them swindling skills and sending them abroad.

"MONK" ICON BY SERGEY DEMUSHKIN, FROM THENOUNPROJECT.COM.

Trophy hunting actually helps lions like Cecil

Gabriel Zarate



If you don't know who Cecil the lion was by now, you've been living in a cave. Actually, even people in caves probably have Internet and know about Cecil, too. But they probably *haven't* been living near lions.

Because in all the international furor over Cecil, who was killed outside Hwange National Park in Zimbabwe in July, one important thing to know about lions has been forgotten: Lions eat people.

It doesn't happen often, but it is a fact of life for people living in countries where lions roam free. In Tanzania, where human population growth has squeezed habitat space for lions and depleted their usual prey animals, 871 people have been killed or wounded by lions from 1990 to 2005, according to the journal Nature.

As such, lions aren't the most popular neighbours. Zimbabwean academic Goodwell Nzou wrote in the New York Times that villagers, armed with machetes and spears, keep children indoors when they know a lion is in town.

"In my village in Zimbabwe, surrounded by wildlife conservation areas, no lion has ever been beloved, or granted an affectionate nickname. They are objects of terror."

Without the protection of the law, lions may be killed or driven out of the area to protect children and livestock.

Many wildlife management experts believe trophy hunting encourages governments to protect lions as assets, rather than allowing villages to exterminate them as pests. According to one 2012 study, a single sport hunt brings $24,000 to $71,000 US into the local economy.

While the international media wrings its hands over Cecil's death, driven by armchair outrage on social media, Africans shake their heads. Sub-Saharan African countries are impoverished compared to the West. Their wilderness is vast, wildlife patrols aren't free and poaching and habitat loss are far more serious threats to animal populations than trophy hunting, according to the International Union for Conservation of Nature.

Contrary to popular wisdom, lions aren't technically endangered. The IUCN Red List lists the lion as "threatened," meaning some populations are thriving while some are not. The major risk to the lion as a species — the reason their population declined 42 per cent from 1993 to 2014 — is primarily habitat loss.

When a rich foreigner spends tens of thousands of dollars on a hunt, it injects that money into national and local economies. Money may be the root of all evil, but try telling that to a Zimbabwean with kids to look after.

The money from trophy hunts helps pay for the salaries and equipment of wildlife conservation officers, who can still be outgunned by poachers serving a multi-million-dollar illegal trade in animal parts. In some countries the income from trophy hunts goes directly to conservation programs.

Trophy hunting indirectly helps preserve habitat for lions and their neighbours — cheetahs, leopards, impala and so many others. Without this commercial incentive, people do what people have done for millennia: Raze the wilderness to create farmland or pasture.

The Twitterverse can bemoan the death of one majestic animal all it wants, but until the crushing poverty in Africa is addressed and defeated, there will always be more Cecils.

Gabriel Zarate is a Toronto-based editor who spent three years reporting from the Canadian North.

ROSEMARY WESTWOOD

metroview

Distancing is easier than dealing with the deeper issues

It's distancing time.

First, for Subway and its sandwiches. Few things were more profitable, once, than a slimmed-down Jared Fogle holding a tuna footlong.

But Fogle is pleading guilty to child-sex and child-porn charges, and child abuse doesn't sell sandwiches.

Subway is scrubbing its image clean — taking down Fogle's picture in restaurants and ending their partnership.

"We no longer have a relationship with Jared and have no further comment," the fast-food giant tweeted on Tuesday.

It found more to say on Wednesday morning, after federal prosecutors released details of Fogle's guilty plea, and the fact he'll pay $100,000 to each of 14 victims.

"Jared Fogle's actions are inexcusable and do not represent our brand's values. We had already ended our relationship with Jared," read a company tweet.

If there's ever a time to agree with a corporation, it's on the count that Fogle's consumption of child pornography and his interstate trips to have sex with minors do not represent Subway's "values".

Then, for Ashley Madison, purveyor of affairs, it's a bit of a different dance. The company is distancing itself from the criminal behaviour of hackers who finally dumped the details of 32 million accounts. (It's always kept a safe distance from the moral high ground.) It's hardly had to defend its security practices, since hacks have become the new norm.

If you're one of Ashley Madison's millions of unmasked affair-seekers, the task of distancing yourself from your scheming self is trickier.

It will mostly be a more private affair — fewer Twitter statements, more head-hanging. Less "We no longer have a relationship" and... well, maybe a bit of that.

Ashley Madison devotees will need to operationalize their "If I'm outed" plans: Delete all traces of attempted or achieved affairs, secure a marriage counsellor, and gently prod friends for a spot on the couch. That's assuming public shaming is kept to a minimum, which might, admittedly, be assuming too much.

For the rest of us, there is the final act of distancing. By indulging in voyeuristic stories of cheating husbands, we don't have to look at the greater dysfunction of a society with million of sexless or bad-sex marriages. By turning a story of child sexual abuse into a story about Subway restaurants, we don't have to look at the greater network of criminals who bring children to men like Fogle.

We have no further comment.

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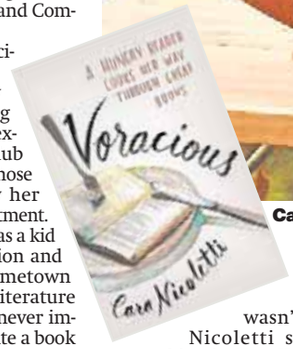
Party of Five star Neve Campbell joins Season 2 of Manhattan

Eating her way through books

VORACIOUS

Turning a love of reading and food into a literary feast

Henrietta Walmark
Metro | Canada



Cara Nicoletti gathered her lit-themed recipes into a memoir. CONTRIBUTED

A butcher, a baker, a Yummy Books blog maker — Cara Nicoletti is all that, and the author of Voracious: A Hungry Reader Cooks Her Way Through Great Books (Little, Brown and Company, $34, Aug. 18).

A collection of recipes inspired by literature, Voracious grew out of Nicoletti's blog that in turn was an extension of a book club turned supper club whose popularity outgrew her modest Brooklyn apartment.

Although Nicoletti as a kid wanted to write fiction and moved from her hometown of Boston to study literature at NYU in 2004, she never imagined she would write a book about food.

"To be really honest, I thought my blog would only be read by my family and my closest friends," Nicoletti says. "I never thought it would turn into a book."

Food is important in her family. "My mom's side is Jewish and my dad's side is Italian and both cultures are food obsessed and really love to gather and eat together."

But it wasn't until Nicoletti started working in New York restaurants to support herself as a student that her appetite for making food became as voracious as her hunger for books.

"It's very physical work that was a nice counterpoint to working with my brain all day. I really looked forward to working with my hands … to see the product of my work in a physical way," says Nicoletti. "I really enjoyed doing the two things at once. I still do."

When asked about food's influence on her life, Nicoletti laughs. "It's everything. All day long, it's on my brain."

"I spent a lot of years wringing my hands over the fact that food is my greatest comfort. Food and books are both my greatest comfort. I'll never be one of those women who gets really worked up and forgets to eat. The older I get the more I realize that this is not only my biggest comfort but the way I understand and experience the world," she says. "I never feel more like myself than when I'm cooking or eating a meal with people that I love."

Nicoletti's joy at being in her element makes Voracious a feast for body and soul. The book unfolds as a chronological memoir: Nicoletti recalls stories from Hansel and Gretel (Gingerbread Cake with Blood Orange Syrup) to Pride and Prejudice (White Garlic Soup) to Gone Girl (Brown Butter Crepes). But it's her ability to recreate her intimate experience of reading books and their role as her muse that makes Voracious a collection to be savoured.

Though some readers might find a couple of the book's recipes a bit unsavoury — Lord of the Flies / Porchetta di Testa (made from a pig's head) and The Silence of the Lambs / Crostini with Fava Bean and Chicken Liver Mousses — Nicoletti has no regrets about including them.

"Some of the most powerful food themes in literature aren't necessarily the most appealing. That doesn't make them any less powerful. Those two recipes are the ones I hope readers will push themselves to try," Nicoletti says. "As a butcher that works with whole animals, I would love for people to challenge themselves to eat things on an animal that they wouldn't normally eat."

INSPIRED BY A JOAN DIDION ESSAY

"Goodbye to All That" Grilled Peaches with Homemade Ricotta

ILLUSTRATION: MARION BOLOGNESI

Makes 6 filled peach halves

- 3 1/2 cups whole milk
- 1/2 cup heavy cream
- 3/4 teaspoon coarse sea salt
- 3 tablespoons fresh lemon juice
- 3 ripe peaches, cut in half and pitted
- 2 tablespoons olive oil, plus more for drizzling
- 2 teaspoons sugar
- Flaky sea salt (such as Maldon), for serving
- Coarsely ground black pepper, for serving

Pour the milk, cream and salt into a large, heavy-bottomed pot and cook over medium-low heat, stirring occasionally, until the temperature reaches 190°F on a candy thermometer. Remove the pot from the heat and stir in the lemon juice. Allow the mixture to sit for 5 to 7 minutes before straining it through a sieve lined with three layers of cheesecloth. Let the cheese drain into a bowl for 1 to 2 hours.

Preheat a grill to medium.

Brush the peaches with the olive oil and dust them lightly with the sugar. Place the peaches, flesh-side down, on the grill and cook until char marks appear, about 2 minutes. Transfer the peach halves to bowls and spoon the fresh ricotta over them. Drizzle the ricotta with olive oil and sprinkle with flaky sea salt and coarse black pepper. Serve immediately.

Excerpted from the book Voracious by Cara Nicoletti. Copyright © 2015 by Cara Nicoletti. Reprinted with permission of Little, Brown and Company, New York, NY. All rights reserved.

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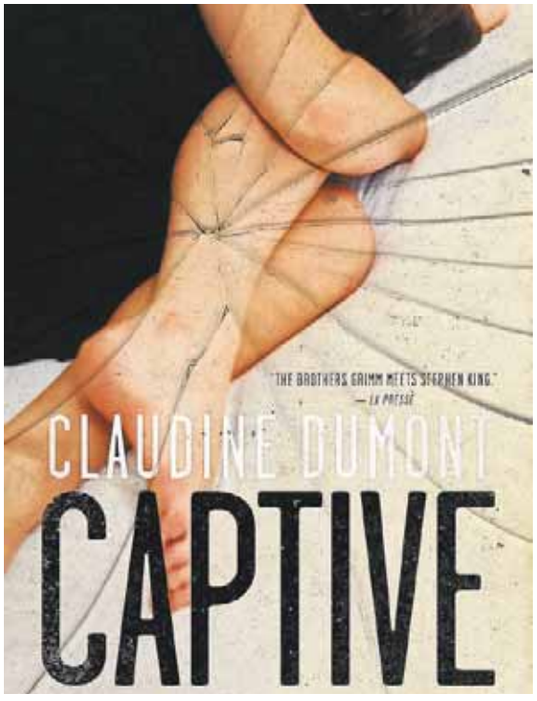

Captive owes some debt to James Frey's notorious book A Million Little Pieces. HANDOUT

CLAUDINE DUMONT

Quebec writer finds unlikely source for inspiration

BOOKWORM
Sue Carter

Claudine Dumont is the type of person who makes things happen.

When I catch the Quebec author and photographer by phone, she is covered in drywall dust, constructing the kitchen for Ma Souer et Moi café, a new restaurant in Laval she is opening at the end of the month with her older sister.

The siblings are both high school teachers, a profession Dumont describes as "hard and demanding and not very rewarding."

It was Dumont's own teenage ambition — since she was 14 and first read John Irving — to become a writer. After 10 years of literature studies, she published her debut novel, Anabiose, in 2013.

She had two dreams for the book, both of which came true. Weeks after its release in French, she was contacted on Facebook by a producer interested in buying the film rights.

The adaptation goes into production early next year. Dumont also dreamt of an English-language version of the novel: Captive is out now with House of Anansi Press, with a translation by Montreal's David Scott Hamilton.

Captive is challenging to describe without giving away the plot details that make it such an exhilarating read.

Here's what you should know: Emma, a socially isolated office worker with a thirst for tequila, wakes up in a windowless concrete room with only a mattress and a lamp.

She has no clue who put her there, or how she'll escape. Written in clipped, almost breathless sentences and brief chapters, the suspense and physical action is relentless until the bombshell ending (which admittedly may frustrate some readers.)

Claudine Dumont describes her day job , teaching, as "hard" and "not very rewarding." HANDOUT

Dumont began writing the book, which took her about two months, while between teaching contracts.

"I'm not a very social person. I don't like being around a lot of people," she says.

"I like to retreat but the more I retreated, the less I'd see people.

"That isolation that Emma experiences is where I was. I was taking my own reality to an extreme."

She was also inspired by an unlikely source: a passage from A Million Little Pieces, the 2003 memoir that got author James Frey booted out of Oprah's book club when it was discovered that he falsified many of its details.

Dumont was struck by the scene in which Frey is about to enter a rehab centre once again. He thinks that maybe this time it will work, and his life will be better.

Dumont says it made her imagine a rehab centre for people who don't know how to live their lives fully — not necessarily for those with addictions.

As all those elements came together, and even before Dumont started writing the manuscript, she knew exactly how the story would conclude. Without giving away any spoilers, she teases, "I was leaning toward a bad ending but I think readers deserve candy at the end. That's what I like when I read."

Sue Carter is the editor at Quill & Quire magazine.

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When a former lover doesn't remember you

AUTHOR INTERVIEW

Susan Shapiro encourages young writers to spill secrets

Susan Shapiro is used to exposing her heartbreak for the sake of art.

She's written 11 books (some memoirs), including one called Five Men Who Broke My Heart, in which she meets up with her five ex-boyfriends High Fidelity-style asking each one what went wrong.

"I spilled all the secrets of my past love, but there was one story I could never tell," Shapiro tells us.

"Until now."

A worst nightmare come true

Shapiro's twelfth book, What's Never Said, is about a poetry student who has an affair with her professor. Years later, she attends a book signing he is giving, anxiously awaiting how he will react to seeing her. Only when he does see her, he doesn't remember who she is.

While the book is fiction, Shapiro says it is based on her own life; those exact events happened to her, though she attests the professor in question did in fact know who she was, he just ignored her.

"I freaked out. I literally could not believe it," she says.

"I wrote a short fiction piece about it and took it to my writing group. The basic reaction was, 'You should have gotten old and bitter a long time ago because this rocks.'"

"Heartbreak is way more interesting to write about than falling in love," Shapiro says.

"It's kind of a funny problem (for me) because I've been extremely happy with the same guy for 25 years, so that's problematic. Luckily he gave me hell early on."

Heady homework

Shapiro, who is a professor at New York University and The New School, encourages her students to use their shameful secrets as writing fuel as well. She regularly assigns her students to write about their most humiliating secret, usually just one class into the semester.

> **Heartbreak is way more interesting to write about than falling in love.**
> Author Susan Shapiro

"I really don't want to have to wait through 10 weeks of boring assignments," she says. "I want to know who somebody is right away."

The results are astounding.

"In my first class, out of 12 people, eight got published and four got $1,000," she says.

Some of the past topics range from writing about being secretly gay, turning into a jerk after being sentenced to life in a wheelchair, or dating a man accused of raping a Harvard student.

Many of Shapiro's students land book deals and Shapiro talks as excitedly about her students' upcoming published works as her own.

"Now I have a rule where students who get $5,000 or more for a published work they wrote for my class have to take me out to dinner," she says.

We doubt any of them mind.

Not an average book event

To celebrate the release of What's Never Said, Shapiro held a Speed Shrinking For Love event in New York City.

She describes the event as similar to speed dating, but instead of potential love matches, attendees link up with therapists, astrologists, tarot card readers and respected love gurus.

EMILY LAURENCE FOR METRO NEW YORK

The brony as hair muse

COLOUR

New look inspired by My Little Pony locks

My Little Pony has been around since the '80s, but the toy franchise isn't going out of fashion anytime soon. In fact, it's even kick-started a new celebrity hair trend.

Brony hair (brony originally described male fans of My Little Pony, but the look has been picked up by women) is the latest style to take over Instagram. It involves dying your locks the signature pastels and candy-coloured hues of the toy ponies, often mixing up different shades at the same time.

Britney Spears was sporting the look at this weekend's Teen Choice Awards, where she won the Candie's choice style icon award.

Some stars, like Katy Perry and Kelly Osbourne have been rocking the look for months, while others, such as model Georgia May Jagger, are new to the brony scene. The daughter of Mick Jagger and Jerry Hall took to Instagram earlier this week to unveil her new 'mermazing' look, with a photo showing off her multitoned green, pink, purple and orange locks.

From celebrities like Katy Perry, Kelly Osbourne, May Jagger, and Britney Spears, to Instagram fashioniastas like Amanda Joy, the colombré trend — also called "brony hair" — is taking off. ALL PHOTOS INSTAGRAM, SPEARS PHOTO GETTY MAGES

The U.K. fashionista has kept her roots natural and left sections of her long blond hair uncoloured to keep things choppy.

Cara Delevingne was also spotted with sugary pink hair. It turned out to be a wig — a good idea if you want to test out Brony hair without committing — but her choice shows how hot the trend is right now.

Brony hair could be a natural progression from rainbow hair.

Thanks to celebrities like Kylie Jenner and Kaley Cuoco, graduated ombré styles that involve leaving the roots their natural colour and adding flashes of pastel or fluo tones to the bottom half of your tresses have been big news.

The concept is both fun and practical in terms of regrowth.

AFP

GET THE LOOK

How to go colombré

Using the same technique as ombré hairstyles but with brighter, bolder, summer hues, colombré is a great way to update your look for the sunny season.

There are a couple of different ways to go colombré. If you're nervous, then clip in extensions such as a set from Rainbow Hair Colour, which are a great way to test it out before committing to anything permanent. Kylie Jenner even launched her own range of blue locks over at Bellami at the end of last year.

If you're ready to get the dye out, then there are a few tips that might make the process easier. Beauty blogger Irene Mahmud Khan suggests using Garnier Color Styler, a product which only lasts a few washes and is applied by hand for an individual effect. Over at The Faux Theory, the advice is to 'feather' the colour using a downward stroke when applying dye with a brush to avoid any harsh division lines between the colombré and your natural shade.

AFP

INTERVIEW

What's in Georgia May Jagger's suitcase? Mostly bikinis

With summer vacations in full swing, we interviewed British-American model Georgia May Jagger on the staples of her summer wardrobe. The internationally renowned star tells us that a suitcase without a bikini is not an option.

What are your three must-haves on vacation?
A high SPF sunscreen, my camera and a good book.

What wardrobe item do you always bring along?
For summer: bikinis. I buy a new one every time I go on a beach vacation.

How about accessories?
My engraved Love Bridge bracelets. For summer, I particularly like disc bracelets in blue and turquoise that you can have personalized with engraved dates or initials — very romantic.

Vacation beauty tip?
Wear as little makeup as possible. I like the minimalist style when I'm on vacation. But I do like to wear a little gold eye shadow at night.

Do you have an unusual story from a past vacation?
I just went to Cambodia and was really impressed by Siem Reap and the temple of Angkor Wat/UNESCO World Heritage. This was really an amazing vacation.

Georgia May Jagger is the face of jeweler Thomas Sabo's new campaign. ©THOMAS SABO

Who do you dream of going on vacation with?
(Smiling broadly) My boyfriend.

AFP

Montreal retailer La Vie En Rose has launched a collection to celebrate its 30th anniversary. The company plans to tackle sector challenges head-on and expand across Canada. HANDOUT

La Vie en Rose in full bloom at 30

CANADIAN FASHION

Quebec-based retailer marks three decades with new line

As Boutique La Vie en Rose marks its 30th anniversary, the lingerie and swimwear brand has many successes to celebrate at a time when Canada's retail sector has faced significant struggles.

The company inked a deal in March to buy fellow Quebec-based brand Bikini Village. La Vie en Rose planned to keep the insolvent swimwear chain's 48 stores open in Quebec, Ontario, New Brunswick and Nova Scotia with an eye toward expansion across Canada and overseas, while closing four outlet locations in Quebec.

The Montreal-based retailer has already bolstered its global presence with the recent launch of its first La Vie en Rose location in Panama, and discussions to open in India, Indonesia and Nigeria.

This week, the company launched its "Celebrating women for 30 years" capsule collection.

Featuring a striking colour combination of black and blue, the anniversary line has sleek lingerie styles showcasing lace, mesh and lace-up details. Additional looks will be available in September.

Despite its triumphs, La Vie en Rose hasn't been entirely immune from economic pressures, particularly in the face of the nosediving loonie.

"It's a challenge, and I'm sure it's going to be the cherry on the top of the challenge for retailers in Canada," president and CEO Francois Roberge said in a recent phone interview.

"Now we're going to need to change the retail price. For example, maybe instead of selling PJs for Christmas at $24, we're going to put (them) on the market at $29.

"We have no choice. It's about a question of survival."

Canada has seen a growing vacuum in the retail landscape with the departure of U.S. discount giant Target and the closures of Mexx, Boutique Jacob and Smart Set.

Roberge said many Canadian retailers that have folded or are struggling are failing to integrate e-commerce into their business models.

His company has amassed around $5 million in online purchases this year, with e-commerce accounting for three per cent of sales. His goal is to increase that figure to 10 per cent in 2019.

"It's very important to open your mind and to just think of the way that you can turn your stock. That's why the web is part of that strategy."

La Vie en Rose had 23 stores when Roberge acquired the company two decades ago. It currently has 176 locations in Canada operating under its banners La Vie en Rose, La Vie en Rose Aqua and La Vie en Rose Outlet, and 95 stores in 18 countries.

Roberge said a key to the retailer's transformation involved developing its own brand and shifting away from selling the same labels offered by department stores.

The company also decided to import directly from China to control costs, and to increase competitiveness with one-time leader La Senza by launching stores in Ontario and Quebec.

Roberge admitted he was nervous when U.S. lingerie brand Victoria's Secret entered the Canadian market five years ago. But as the presence of the popular competitor drove traffic to stores, Roberge said La Vie en Rose also saw a trickle-down boost to its business.

When Victoria's Secret opened its inaugural Canadian location at West Edmonton Mall in 2010, the La Vie en Rose store at the mall saw a 20 per cent sales spike, he said.

THE CANADIAN PRESS

HOW WE BUY

La Vie en Rose CEO Francois Roberge said he's seen an evolution in customer habits with clients making seasonal purchases and buying more colourful separates.

IN BRIEF

Jessica Simpson launches line of workout gear

U.S. singer and businesswoman Jessica Simpson is to take on the activewear business. Her new line of clothing will be called Jessica Simpson The Warm Up, according to Women's Wear Daily. RELAXNEWS

Blackphone 2 makes mobile privacy a priority

Just as web security issues are front-and-centre following the cheating website Ashley Madison hack, privacy experts Silent Circle have announced the arrival of a Blackphone 2 for September.

The focal point of the Blackphone 2 is once again Silent OS, an Android-based operating system enhanced to address privacy concerns. Silent OS puts privacy in the hands of each individual user, allowing them to create different "Spaces" that act as separate virtual phones on one device, thereby enabling work life and personal life to stay securely compartmentalized. RELAXNEWS

WEB CULTURE

Teens eat their way to Internet stardom

Every evening, 14-year-old Kim Sung-jin orders fried chicken, delivery pizza or Chinese food to eat in a small room in his family's home south of Seoul. He gorges on food as he chats before a live camera with hundreds, sometimes thousands, of teenagers watching. That's the show, and it makes Kim money: 2 million won ($1,700) in his most successful episode.

Better known to his viewers by the nickname Patoo, he is one of the youngest broadcasters on Afreeca TV, an app for live-broadcasting video online launched in 2006.

Kim, who has a delicate physique and slight limbs, has been broadcasting himself eating almost every evening since he was 11. Sometimes he invites friends to eat with him. To add fun, he once wore a blonde wig and dressed as a woman.

While the Internet has been making stars for years — from bloggers to gamers who play for millions of YouTube viewers — outsiders may find it puzzling, if not outright bizarre, for young people to spend hours watching someone eating. But in South Korea, Afreeca TV has become a crucial part of social life for teens.

Shows like Kim's are known as "Meok Bang," a mash-up Korean word of broadcast and eating. They are the most popular and often most profitable among some 5,000 live shows that are aired live at any given moment on Afreeca TV. THE ASSOCIATED PRESS

Kim Sung-jin, 14, broadcasts himself eating in his bedroom in Bucheon, south of Seoul, South Korea. JULIE YOON/AP PHOTO

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GOSSIP BRIEFS

Twilight saga over

We live in an age of reboots and remakes, and movie studios are big fans of making money, so it makes sense that we should be worried about someone relaunching the Twilight series. And Kristen Stewart is apparently all for it — as long as she doesn't have to be in them.

"I was so genuinely, heavily entrenched in that," she tells Uproxx. "It's hard to speak to a five-year period in a few sentences, but I loved doing it. But that doesn't mean I want to keep doing it." NED EHRBAR/METRO

Payne explains

One Direction fans can apparently be a finicky bunch. Case in point: Liam Payne recently introduced a song, Girl Almighty, at a concert with what he thought was an amusing observation.

"This is my favourite song off the last album, and it is about trying to find that No. 1 woman of your life, which none of you can relate to, 'cause most of you are girls," he said.

Fans on Twitter took Payne to task for disregarding same-sex couples. "I am in no way shape or form homophobic," Payne responded. NED EHRBAR/METRO

DIVORCE

Fox and Green over

IN HOLLYWOOD

Ned Ehrbar

This one is kind of a bummer: Apparently one of the coolest married couples in Hollywood is no longer actually a couple.

Megan Fox and husband Brian Austin Green have reportedly split up — and they did it a while ago.

"Megan has separated from Brian," a source tells Us Weekly. "They decided on it six months ago."

Fox and Green have been together for 11 years and married for five. They have two children together — Noah, 2, and Bodhi, 18 months — in addition to Green's 13-year-old son, Kassius, from a previous relationship. They were last spotted in public together on June 9.

HEALTH CARE

Doherty cancer diagnosis

Shannen Doherty is battling breast cancer that worsened during a lapse in her health insurance caused by her former business managers, the actress claimed in a lawsuit filed Wednesday.

The former Beverly Hills, 90210 star claims that her former business managers and accountants mismanaged her money and allowed her health insurance to lapse last year. Because of that, she said she didn't go to the doctor until she had insurance and there was a delay in diagnosing her cancer, which will likely require more drastic treatments, including a possible mastectomy and chemotherapy.

Doherty, 44, received the diagnosis in March and her doctors have said earlier treatment might have stopped its spread, the lawsuit states. THE ASSOCIATED PRESS

O'Donnell's daughter found safe and sound

CHELSEA O'DONNELL

Teen missing since Aug. 11 found hiding in New Jersey

Rosie O'Donnell and daughter Chelsea in 2010. THE ASSOCIATED PRESS/ALL OTHER PHOTOS GETTY IMAGES

Rosie O'Donnell's teenage daughter was "of sound mind and body" when she was found in New Jersey after she left home for a week, police in New York said Wednesday.

Sgt. Daniel Wilson said Chelsea O'Donnell was found by South Nyack police a day earlier in Barnegat, N.J., at the house of a male she was "recently acquainted with." He didn't describe the relationship.

Chelsea declined medical attention, and "she did not appear to be in any mental distress," he said.

She had left the family's home Aug. 11 with a therapy dog, and her mother's concern was intensified because she had not been taking needed medication. Chelsea suffers from mental illness, according to her mother's spokeswoman, Cindi Berger.

Rosie O'Donnell lives in South Nyack, about 40 kilometres north of New York City, and police there had been involved in searching for Chelsea since Aug. 16. In the interim, Chelsea made contact with third parties, so police "didn't believe that there was any immediate danger," Wilson said.

South Nyack police informed Barnegat police on Tuesday that they believed Chelsea was there. Police went to the residence and although the person answering the door initially did not want to reveal Chelsea's presence, police said they would not leave until she came out. She then appeared and willingly left with police.

Wilson said Rosie O'Donnell was co-operative and involved authorities because "several days had gone by and she wanted her daughter back."

O'Donnell also issued a statement and tweeted Tuesday that her daughter was missing, appealing to the public for help.

"It has been a difficult road for Chelsea and her family and they just want her back safe," Berger had said. THE ASSOCIATED PRESS

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Leave a small lunch footprint

Tanya Enberg
For Metro

If you have children heading back to school, it's time to prepare for all of those litterless lunches ahead.

The litterless lunch is exactly that — no garbage shall be left behind. In other words, everything your child brings to school with them — from juice boxes, snack bags and napkins to apple cores and banana peels — will return home with them at the end of the day.

With this in mind, stocking up on smart, reusable, eco-minded supplies designed to keep food fresh and safe, while being easy to clean and store, is a top priority for parents.

"Litterless lunch programs in schools mean they bring all the mess home with them," says Elena Delli Pizzi, category manager at Staples Canada.

And that could get very messy.

"Everything must be washable," she stresses.

"Reusable lunch containers, water bottles and cutlery are convenient because they can be placed in the dishwasher and are eco-friendly."

To create successful waste-free lunches, write a list of items you will need before shopping. This may also include reusable cutlery, washable napkins and an insulated lunch bag that is easy to wipe down to eliminate bacteria.

The growing popularity of welcoming waste-free lunches in schools and daycares across Ontario is steering caregivers away from pre-packaged foods, further reducing excessive packaging, while providing fresher, healthier meal alternatives for youngsters.

"All of our lunch bags are fully insulated so they keep food cold, and we offer an assortment of hard and soft ice packs as well as ice mats," says Delli Pizzi of the importance of safely storing food for several hours before the lunch bell rings.

Look for dishwasher safe, BPA-free and leak-proof containers.

Plastic is popular because it tends to be light, helping minimize excessive backpack cargo. Stainless steel containers are also a top choice as they are durable, food safe and lightweight.

Always look for high quality containers with lids that snap shut securely for an airtight seal to keep food fresh and safe, while preventing annoying spills, and choose a variety of sizes and styles.

Smaller containers are great for side dishes of fruit, veggies and sauces, and larger ones ideal for mains, such as sandwiches, salads and pasta. Bento box styles keep food nicely separated in one compact compartment for happy-kid lunching.

Clockwise from top left, Skip Hop Zoo Lunchie Set, under $34 at Overstocked.com; Crocodile Creek's Vehicles pack-and-go lunch box, $19.99, at Indigo.ca; T-Rex sandwich keeper and food container, $6.99, at Indigo.ca; Crocodile Creek's 400 ml Robot drinking bottle, $11.99, at Indigo.ca; Insulated Hearts Lunchbox, $11.95 from Children's Place; Animal Lunch Pack, $17, from MEC; Aladdin Collapsible Bowl Set, $23 at MEC; Juice in the Box, $12.98 at Staples.

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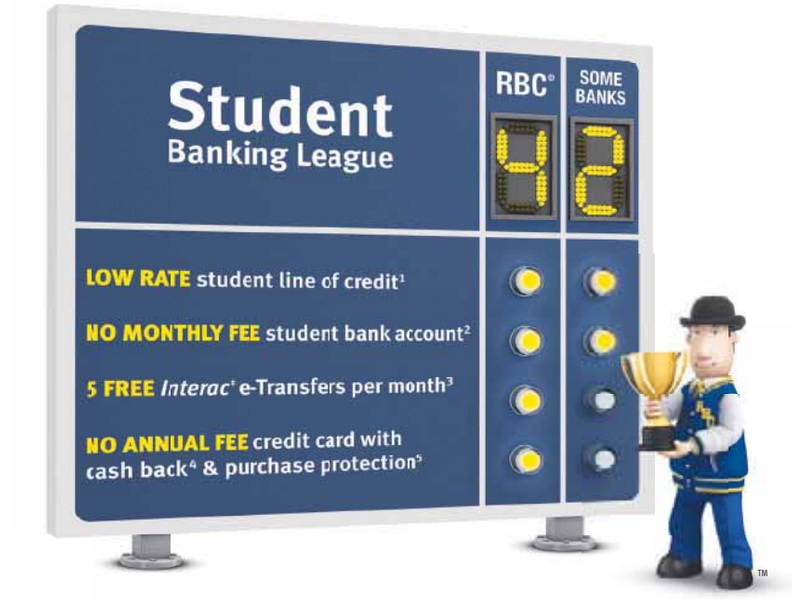
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Top, from left, Monster High and Avengers backpacks, $14.97 with matching lunch bags, $9.97, at Walmart; Burton Youth Gromlet backpack, $37 from MEC; Crosshatch and Navy by Herschel Supply Company Ltd, $49.99, at Indigo.ca. Bottom Backpack Butterfly by Crocodile Creek, $29.99, at Indigo.ca.

Priority: the trusty backpack

Tanya Enberg
For Metro

Soon kids will be saying goodbye to sunshiny days spent splashing at the pool as back-to-school season approaches — and that means it's time to get your child's gear in order.

One essential item guaranteed to get a lot of use is the trusty backpack.

From exposure to sloppy weather conditions and spills to being overstuffed with books, gym clothes, food and laptops, nevermind getting shoved into lockers, cubbies or tossed aside in the playground, backpacks need to withstand major daily stress.

Thankfully finding a durable, well-engineered backpack that reflects your child's personality is easier than ever.

Before making a decision, here are a few helpful tips to consider.

What to inspect

Check the quality of zippers, pockets, buckles, look for tightly stitched seams and make sure the spine provides cushioned support.

"Look for padded shoulder straps and a vertically adjustable sternum strap," says Jodi Weir, technical product developer with Mountain Equipment Co-op (MEC).

"The sternum strap, along with the shoulder straps, help distribute weight across the chest. The sternum strap also keeps the shoulder straps in place, which means less pressure on shoulder joints. The pack should fit snug against the back. Of course, kids will readjust as they wish. I see a lot of loose fitting backpacks at the end of a school day because sometimes fitting in trumps a good fit."

Size and fit

Where backpacks are concerned, choosing the right size is essential.

"The biggest mistake I see is backpacks that are too big," says Weir. "I would recommend choosing a backpack that fits your child now, instead of buying a pack that you expect your child will grow into."

Extra pockets keep smaller items, such as phones, pens and music players separate and accessible, and side pockets are great for storing water bottles.

Most experts agree that kids shouldn't carry more than 10 to 12 per cent of their body weight. Using the main compartment to store heavier items such as laptops and books helps distribute the weight evenly, causing less strain on the back.

"Although it's not always possible, we recommend placing heavier items in the middle of the backpack instead of at the bottom or top," says Weir.

It is smart to select backpacks in person to test for proper fit and make sure it's spacious enough to hold all of the necessary supplies.

Material

Synthetic materials such as polyester and nylon are more water resistant than natural fibres.

Backpacks can quickly get overloaded, so choosing a lightweight material is ideal. While a leather backpack may look stellar, it may not be the most practical choice.

Fall 2015 trends

From Frozen, Minions to Spider-Man and Star Wars, pop culture is the leading influence appearing on backpacks for younger children this fall, says Elena Delli Pizzi, category manager at Staples Canada.

For older students "bright colours and neons have carried over from last year, as well as camouflage, which is still huge," she says.

Some fresh new cool trends are also popping up, including "geometrics — lines and shapes in various colours — Navajo or Aztec-inspired prints for girls, graffiti style, polka dots and ombre."

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Taking the market's temperature

Despite warnings about overvaluation, an analyst says runaway prices of single-family homes haven't extended to condos

CONDO TRENDS
Duncan McAllister

Condo owners and purchasers may be pondering what lies ahead for Toronto's real estate market as we head into the fall season. In July, the Bank of Canada lowered its overnight lending rate from 0.75 per cent to 0.50 per cent. The major banks soon followed suit, resulting in increased sales activity in the GTA.

The Canada Mortgage and Housing Corporation recently released a quarterly supplement entitled Housing Now Canada. Despite Toronto's red-hot real estate market, the report has an ominous message about overvaluation.

It warns that the rise in prices has not been matched by growth in personal income: "The overall assessment of risk detected by our framework has moved from moderate in the previous assessment to high in the current assessment for Toronto."

Toronto real estate analyst Brian Persaud, author of the book Investing in Condominiums, helps to put it in perspective.

Persaud says that although the market has been hot, we haven't really seen runaway condo prices, not like the case with single-family homes.

"The average price of a condo downtown was $460,000 last month. And it was $440,000 this time last year. I mean, that's not nuts."

"I feel that only desperate people flip."
Real estate analyst
Brian Persaud

Condo prices rise for various reasons. Easy access to mortgages is certainly fuelling the market, especially since the interest rate drop.

"It's no secret that the amount of money being lent out is higher than it's ever been," says Persaud, who is also a real estate agent.

As far as ambitious investors collecting a windfall by speculating on pre-construction condos, Persaud says it's not happening.

"The builders are aggressive on price and the CRA is very punitive on flipping. You have to pay the HST and the income tax rate is high because it's not considered as capital gains. I feel that only desperate people flip."

There's always a concern with overbuilding: a glut in the market with hundreds of empty units of unsold inventory. Persaud says that outside of a few pockets of condo forests, that's not the case in Toronto.

"Developers just keep building and so supply is equalling demand," he says.

Persaud points to examples of the explosive growth in single-family housing prices in the GTA, like High Park properties doubling in price to $2 million. And we're starting to see it in the 905.

"I've been seeing price increases from the fall in Durham. Houses were going between $370,000 to $380,000 and now they're in the fives (hundred thousands). In Whitby. Can you believe that?"

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NEW BUILD

Urban towns keep things picturesque

Project overview

Between Kenneth Avenue and Holmes Avenue, around the corner from Yonge and Finch, Fieldgate Urban presents a new collection of urban townhomes. The residences will feature modern interiors, open-concept floor plans, and striking architectural details.

Building amenities

The townhomes will have a landscaped courtyard with walking paths and gazebo. Bungalow units have a private courtyard and rear patios. There's an underground parking garage with visitor parking accessed by electronic directory, and a bicycle storage room.

NEED TO KNOW

What: Kenneth and Holmes
Builder: Fieldgate Urban
Architect: Kirkor Architects
Interiors: Decorenza
Location: 40 and 42 Holmes Ave.
Building: Two three-storey buildings with a total of 29 residences
Sizes: From 872 to 1,457 sq. ft.
Pricing: Starting at the $500,000s
Suites: One-level, bungalow-style floor plans and two-level, townhome designs
Status: Registration phase
Occupancy: May of 2017
Sales centre: Coming soon
Phone: 416-992-7972
Website: townsonkenneth.com

Location and transit

There are plenty of transit options here; situated close to Yonge Street, the buildings are located between the Finch and North York Centre TTC subway stations. The GO rail station and Sheppard subway are nearby, as well as Highway 401.

In the neighbourhood

The neighbourhood is bustling with arts and entertainment, with the nearby Toronto Centre for the Arts, the Don Valley Golf Course and shopping at the Sheppard Centre and Bayview Village malls.

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ADVICE

When a triplex is not really a triplex

LEGAL MATTERS

Jeffrey Cowan

Q: I bought a triplex as an investment property about six months ago and just recently received a notice from the City stating that the basement apartment was illegal and that I had to immediately remove the kitchen from the basement. Furthermore, after investigation, it was determined that although the zoning allowed for a duplex in the property, the longtime renovations making the property into a two-unit home were not done with proper permits and the work was not up to the building code.

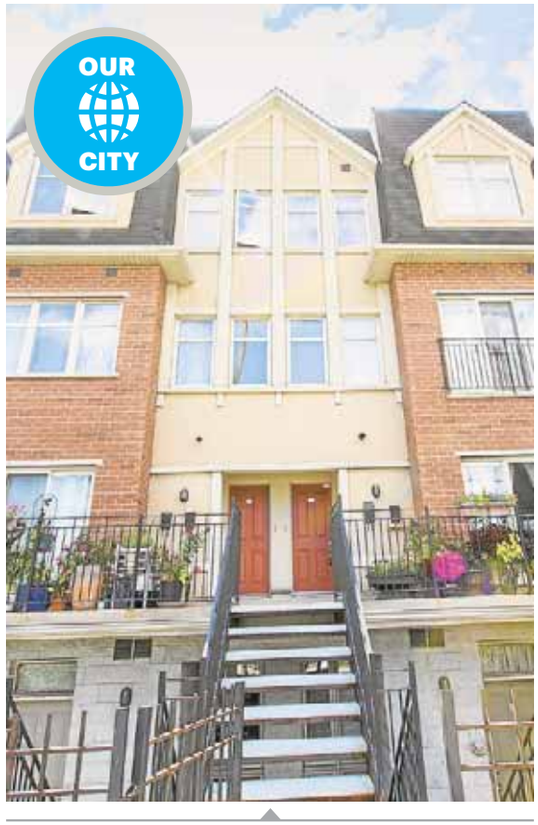
I am now faced with some fairly expensive construction costs and while this is happening, I have to move my tenants out with no rental income for several months. What are my options?

A: The first issue is whether you let your lawyer know that this was a multiple-unit building (he did not ... I asked). If you had done that, they could have done the appropriate searches with the City to see if the present use of the building complied with the zoning and building code. In most cities, basement apartments are not to code. In fact, there are so many illegal basement apartments that most municipalities cannot enforce their compliance.

As people are prone to cut corners and go for the cheapest alternative, when you are buying an expensive rental income property, you should spent the extra fees to do extensive searches as to the legality of the units. Otherwise, you are setting yourself up for exactly what happened to our reader.

What they're a$king

With the cost of single-family homes rising in Canada, the townhome is an economical alternative for first-time buyers, offering more living space than a condo. Check out this great selection of newer and brand new, two-bedroom townhomes. **Duncan McAllister** FOR METRO



$289,800

Toronto

Here's an open-concept design with a modern layout, located at 1496 Victoria Park Ave., in the east-end neighborhood of Victoria Village. The two-bedroom townhome has extra-high ceilings, a split-bedroom layout, a large kitchen and front terrace with barbecue area. Listing agent Ira Jelenik says that thousands have been spent on upgrades, including floors and appliances. The unit is located in a family-friendly neighbourhood close to transit, shopping, schools and parks. Jelenik is an associate with Harvey Kalles Real Estate Ltd., 416-441-2888.

$298,000

Ottawa

This stacked condo townhome is for sale in Elmvale Acres, featuring 1,012 sq. ft. of open-concept living space. The corner unit has lots of upgrades including hardwood on the main floor, custom blinds, granite countertops, a breakfast bar and appliances. There are two bedrooms on the lower level and a balcony off the living room. The unit is located close to downtown, transit, shopping and hospitals, with parking right outside the door. Listing agent Kerry Millican is a sales representative with Royal LePage Team Realty, 613-290-2990.

$709,000

Vancouver

This new, two-bedroom unit in the Kitchener Mews is one of 10 new townhouses built by a premier Vancouver builder. The unit features 1,000 sq. ft. of living space, and listing agent Dale Mounzer says that the homes boast solid construction and well-designed living spaces, situated in one of the city's most sought-after areas. Just 10 minutes from the downtown core, the property boasts a walk score of 98. All homes include secure, underground parking and storage lockers. Mounzer is an associate with Macdonald Realty Ltd., 604-689-5115.

REAL ESTATE

What's hot on the market

DUNCAN MCALLISTER

1 HARBOURFRONT

Condo seminar: Spend an hour with the experts at RE/Max Condos Plus and The Mortgage Centre. Head over to the RE/Max office at 45 Harbour Square, on Aug. 25 at 6 p.m. Spaces are limited so register soon.

CONTACT: SHAWNA DORFMAN, 416-526-4133, SHAWNADORFMAN@GMAIL.COM

2 ETOBICOKE

Sales event: The Kip District condos has introduced their Head Start summer incentive program for first-time buyers. The new community is located in the heart of Etobicoke. Check out the sales centre at 5143 Dundas St. W.

CONTACT: 416-207-1919, THEKIP@CONCERTPROPERTIES.COM

3 COLLEGE PARK

Open house: Check out this two-plus-one bedroom at Aura at College Park, the tallest condo in Canada. Head over to 388 Yonge St., on Aug. 22 and 23 from 1 to 3 p.m.

CONTACT: MATT DABIRI-KASHKOULI, 416-203-6636

Innovation's the name of the game

Bryan Tuckey

When you think of innovation does the building and development industry come to mind? It should.

The industry is continually pushing the boundaries of innovation in quality design and construction while always meeting and often exceeding the extremely high standards set by the Ontario Building Code.

Builders and developers are constantly introducing new and groundbreaking approaches to building communities across the region. These advances range from utilizing forward-looking architecture and design, to integrating remote-controlled home management systems, to employing cutting-edge construction techniques.

One good example of innovation in the industry is the creative ways developers are providing consumers with affordable choices in this housing market where new homes prices continue to climb.

BILD member Urban Capital Property Group challenged its architects and designers to find ways of maximizing living space. The result is Smart House — smaller, more affordable condo units that make the most of every square foot through the use of retractable beds and retractable kitchen countertops, as well as integrated space-saving appliances.

Another great example is on the technology front, where high-rise developers like Tridel are offering a system that allows homeowners to customize almost every aspect of their home with a tablet or smartphone. With the Cisco Smart Home system security cameras, climate control and entertainment devices can be maintained and managed on command.

Homeowners even have the ability to interact with an entire network of service providers connected to the development, such as health-care providers, virtual tutors, digital concierges and more.

In Innisfil, BILD members Geranium Homes and ConDrain Group are using innovative building techniques to bring their Friday Harbour resort-style community to life with minimal impact on the environment.

The community will feature a 53-acre marina, which is located on the site of what was a much smaller marina. Through the use of advanced engineering, the harbour was expanded to improve amenities for boaters and to increase and improve the habitat for fish. As well, the soil excavated through the expansion was recycled and used to build the community's 18-hole championship golf course.

These are just a few of the many ways the building and development industry is innovating as it builds communities in the GTA.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

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4 Ceramic Owl Table Lamp, White
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2014 third-overall pick Joel Embiid is expected to miss a second straight season after foot surgery

Jays split on days off

MLB

Some players argue their rhythm gets disrupted

The Blue Jays are in the midst of one of the more bizarre scheduling stretches of their season. In addition to the adjustments required of a three-city, three-time-zone road trip, they also have three off-days smushed together in little more than a week. Usually they have that many spread over an entire month. Drew Hutchison was victimized by the unusual schedule when he was sent down to the minors on Monday as the Jays opted to go with a four-man starting rotation.

Most players will take all the rest they can get at this time of year. When you include spring training, they have been playing almost every day for more than six months now. But baseball is a game that rewards repetition. A hitter's timing can be fragile, pitchers constantly hone a delicate feel for their pitches, while fielders take ground balls and shag flies by rote, endlessly sharpening their hands and instincts. Is it possible this stretch for the Jays could be too much of a good thing?

"For myself, I don't really like taking a lot of days off just for the sheer fact I like staying in a rhythm," Josh Donaldson said after Tuesday night's game. It should be noted that Donaldson went 3-for-3 with two home runs, while reaching base all five trips to the plate after Monday's off-day.

"I don't feel like it disturbs my momentum," Jose Bautista said Wednesday. "I can't speak for the group, but I much rather would have days off than not."

> **When we get a chance to sit back and let the body rest ... it's always nice.**
> Kevin Pillar

R.A. Dickey, who started for the Jays on Tuesday, admitted his day-before routine was disrupted somewhat by Monday's off-day. "Sometimes you can get lethargic when you have a lot of off-days in a row," Dickey said. "I don't think we will be victims of that because we've got some experienced guys in the clubhouse. But I have known that to happen, where you have a bunch of off-days in a short period of time and you just kind of get lethargic."

TORSTAR NEWS SERVICE

TWO-GAME SWEEP OUT OF REACH Blue Jays left-fielder Ben Revere watches a home run ball hit by the Phillies' sail over the fence on Wednesday night in Philadelphia. After beating the Phillies 8-5 on Tuesday, the Jays suffered a 7-4 loss. They now trail the AL East-leading Yankees by two games. MATT SLOCUM/THE ASSOCIATED PRESS

IN BRIEF

Sailing body won't test Rio Olympic waters for viruses until WHO says necessary

Sailing's world governing body said Saturday it does not plan to conduct viral testing in Rio de Janeiro's polluted Guanabara Bay, the venue for sailing and wind surfing at next year's Olympics.

Dr. Nebojsa Nikolic, top medical official for the International Sailing Federation, told The Associated Press "we will certainly not do this" until the World Health Organization comes out with what he called a "firm statement."

The issue of increased testing for Rio's polluted waterways has drawn attention since an independent five-month analysis by AP published July 30 showed dangerously high levels of viruses from human sewage at all Rio Olympic water venues. THE ASSOCIATED PRESS

Spurs legend Duncan wins Twyman-Stokes award

San Antonio Spurs forward Tim Duncan has been named the Twyman-Stokes Award winner given annually to the NBA's teammate of the year.

A panel of NBA stars from the past nominated a panel of six candidates. Then nearly 300 active players voted for the winner.

Duncan received 72 first-place votes. Vince Carter of the Memphis Grizzlies finished second and Atlanta's Elton Brand finished third.

THE ASSOCIATED PRESS

Carpenter in as rugby captain for USA Test

Aaron Carpenter will serve as Canadian team captain for Saturday's Test match against the United States at Twin Elm Rugby Park in Ottawa.

He'll handle duties from the No. 8 spot in Tyler Ardron's absence. Carpenter, Hubert Buydens, John Moonlight and Harry Jones are the only other players to keep their spot in coach Kieran Crowley's lineup after Canada's recent 15-13 loss to the Americans in their final Pacific Nations Cup game.

Gordon McRorie is back at scrum-half after missing the U.S. game due to injury. THE CANADIAN PRESS

Bird in Yanks' hands worth 2 out of yard

Greg Bird drove in four runs on Wednesday. GETTY IMAGES

Rookie Greg Bird hit a pair of soaring two-run drives for his first major-league homers, supporting an overpowering effort by Nathan Eovaldi and leading the New York Yankees to a 4-3 victory over the Minnesota Twins on Wednesday for a three-game sweep.

Eovaldi (13-2) did not allow a baserunner until Chris Hermann singled with one out in the sixth. Overall, he was touched up for three runs but improved to 8-0 in his last 11 starts since June 20.

THE ASSOCIATED PRESS

IN BRIEF

MRI shows Puig has mild strain in hamstring

Los Angeles Dodgers right-fielder Yasiel Puig underwent an MRI exam on his injured right hamstring Wednesday that showed a mild strain, and the medical staff doesn't expect him to need a stint on the disabled list.

Puig was injured just as he got on a nice roll. He has hit safely in six of his last seven games, batting .333 with two home runs, a triple and six RBIs since Aug. 11. THE ASSOCIATED PRESS

New BoSox president: I won't 'blow up' team

New Red Sox president of baseball operations Dave Dombrowski thought enough of the team to pick Boston over other suitors.

Now he's going to spend the next six weeks trying to figure out what's worth keeping — in the front office, on the field at Fenway Park and in the minor leagues.

"I'm not here to blow up the organization," Dombrowski said at a Fenway Park news conference on Wednesday, a day after he was hired. "They have a lot of good people here."

Speaking to reporters a day after a mid-game shakeup that left general manager Ben Cherington on the outs, Dombrowski said he would be hiring a general manager but was in no rush. THE ASSOCIATED PRESS

DOWN YEAR

Boston entered Wednesday with a 53-66 record, 14 games behind rival New York in the AL East.

Hockey years help Hendo

CANADIAN WOMEN'S OPEN

Rising teen star says time on ice gave her mental solidity

Brooke Henderson believes the time she spent between the pipes growing up can give her a big assist this week as she tries to become the first Canadian in more than 40 years to win Canada's national women's golf championship.

Before she turned to golf, Henderson was a hockey goaltender. The 17-year-old from Smiths Falls, Ont., will take some of the mental toughness she learned on the ice into this week's $2.25-million US Canadian Pacific Women's Open in Coquitlam, B.C.

"To be a goalie you have to be a little bit strange, a little bit odd," said Henderson, prompting laughs during a news conference. "I think that has really helped me along the way mentally preparing for not only professional golf, but golf in general.

"A shooter coming down on you, and you have a one-goal lead, it's a lot of pressure. The whole team is counting on you. It's the same when you have a three-foot birdie putt to win a championship or make the cut. It's the same kind of pressure."

Brooke Henderson is the third-youngest LPGA Tour event winner ever. JONATHAN FERREY/GETTY IMAGES

> **I think it's possible. My game is in a great spot.**
> Brooke Henderson on winning this week on home soil.

Henderson was thrust into the spotlight this week after winning her first LPGA event with an eight-stroke victory Sunday at the $1.3-million US Cambia Portland Classic. That made her the first Canadian to win an LPGA event since Lorie Kane of Charlottetown in 2001. She also is the Tour's third-youngest champion ever at 17 years 11 months six days.

The win prompted the LPGA to grant Henderson full membership on Tuesday, meaning she won't have to play Monday qualifying tournaments for the rest of the season. She faced having to qualify because she had exhausted all six of her sponsor's exemptions previously this season. Gaining her tour membership on the eve of her national tournament was special for Henderson.

"I don't think it could have worked out any better," she said. "I'm pretty far from my home but still in Canada with all the Canadian support and fans."

The last Canadian to win an LPGA Tour event on home soil was Jocelyne Bourassa in 1973 in La Canadienne, the precursor to the Canadian Women's Open. Her victory, in a playoff at Montreal, earned the Shawinigan, Que., native $10,000.

THE CANADIAN PRESS

IN BRIEF

McCoy should be ready for Bills' opener: Source

Bills running back LeSean McCoy's injured left hamstring will be healed in time for Buffalo's regular-season opener against Indianapolis on Sept. 13, a person familiar with the situation told The Associated Press on Wednesday.

LeSean McCoy THE ASSOCIATED PRESS

McCoy was hurt Tuesday during a joint practice with the Cleveland Browns. The person spoke on the condition of anonymity because the Bills have not issued any updates on McCoy's status.

Rex Ryan said trainers informed him the hamstring was intact and had not been pulled off the bone, which he described as "a real positive." Ryan, however, said it was too early to provide a timetable on when McCoy could return because the player was scheduled to have tests to determine the severity of the injury.

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CFL

Argos set to kick it up a notch

The sound of thunder returns to Rogers Centre on Sunday at 4 p.m.

Swayze Waters, perhaps the most powerful kicker in the CFL, will make his comeback for the Toronto Argonauts (5-2) against the Ottawa Redblacks (4-3). They may want to have the roof open, because Waters is so fired up he might just boom a few off the ceiling.

Waters' timing to return from a six-game injury absence is also impeccable.

Prior to the leg injury in the season opener, Waters, 28, had made arrangements with a couple from Jackson, Miss., to attend Sunday's game.

This couple's son, Tait Hendrix, was Waters' best friend and high school teammate who died in a motorcycle crash last year.

After returning from the funeral during training camp last June, Waters sought league permission to change his number to 34 from 30 to honour Tait, who wore No. 34.

When Waters was injured in Fort McMurray, Alta., in June, Waters had no idea if he would be able to suit up for this game.

However, Waters worked hard at strengthening and exercise drills, and by the look of things, he's back in form, although head coach Scott Milanovich was waiting to see how his leg felt after practice before confirming his comeback.

Swayze Waters TORSTAR NEWS SERVICE

At practice, his punts were soaring through the air, and he even angled some deep ones in a preview of the "coffin kicks" he likes to boot out of bounds inside the opponents' five-yard line.

The return of Waters means that Ronnie Pfeffer,a rookie out of Wilfrid Laurier University, will likely be out of a job soon, although the Argos have yet to make any decisions on his future.

Pfeffer always knew this day was coming. There was nothing he did wrong, and he certainly didn't cost the Argos any games. In his first CFL field goal, kicked in his first pro game, he nailed it from 50 yards (he hit a 52-yarder against Saskatchewan at home on Aug. 8).

However, on his punts the Argos gave up important field position, those "hidden yards," as kickers call them.

Pfeffer's punts travelled an average of 43.9 yards, which was among the lowest in the league. His field goal percentage of 75 per cent was also among the lowest.

Last year, Waters averaged a league-leading 47.7 yards on punts, with the longest travelling 80 yards. His field goal percentage was 90.4, second in the league, and the longest came from 53 yards.

TORSTAR NEWS SERVICE

WEEK 9 PICK

Redblacks at Argonauts, 4 p.m. Sunday

Like Winnipeg (2-3), B.C. (2-2) is coming off a disappointing loss. The Lions led visiting Toronto 21-0 before the Argonauts rallied for the 30-27 victory. The loss was just the second in 20 career starts at B.C. Place for Lions' quarterback Travis Lulay, who threw for just 165 yards versus Toronto. Bombers starter Drew Willy was hurt against Edmonton and it's unknown if he'll face the Lions while receiver Nick Moore (lower body injury) is questionable.

Jim Brennan played for Bristol City, Norwich, Nottingham Forest and Southampton in England before returning home to Canada. PAWEL DWULIT/TORSTAR NEWS SERVICE FILE

Hall of Fame for Brennan

SOCCER

Former TFC star also had a respectable career abroad

Jim Brennan left home at 17 to pursue his soccer dream. His original destination was Glasgow Celtic but the manager got fired on the eve of his arrival, ending the Scottish powerhouse's interest.

Despite the inauspicious start, it turned out to be the first major step of a Hall of Fame career that saw the winger/fullback make headlines on both sides of the Atlantic. Brennan found himself headed to Bristol City instead, turning heads with a goal against Tottenham that helped earn him a two-year deal.

The native of Newmarket went on to play for Nottingham Forest, Norwich City and Southampton before returning home to become Toronto FC's flagship player. Brennan, Kara Lang and Pat Onstad will officially be inducted into Canada's Soccer Hall of Fame on Nov. 8 in Vaughan. The three players will be joined by Jim Hubay and the late John Kerr in the builder category.

Also entering the Hall are George Anderson, in the pioneer category, and Montreal Carsteel as an "organization of distinction." Brennan, 38, is already in the Hall as part of the 2000 men's national team that won the CONCACAF Gold Cup. That squad was inducted last year as a "team of distinction."

Brennan also won the English Championship with Norwich, earning promotion to the Premier League. A player who usually had plenty to say and wasn't shy about sharing, Brennan added sandpaper as well as competitive fire to his teams. In 1999, Nottingham Forrest spent a then-Canadian record 1.5 million pounds ($3.1 million C) to acquire him from Bristol City.

"That was a great honour," he said. In September 2006, he became Toronto FC's first player signing. Also the club's first captain, he chose playing at home over padding his bank account.

"I've had to take a massive pay cut," he said at the time. "I could have stayed in England and made a lot more money, but I don't mind.

"I loved every single minute of it," he said of his Toronto days.

Brennan made his debut for Canada in April 1999 and went on to win 49 caps.

THE CANADIAN PRESS

"I've had to take a massive pay cut. I could have stayed in England and made a lot more money, but I don't mind.

Jim Brennan on leaving England and joining TFC

BIEL ALINO/AFP/GETTY IMAGES

CHAMPIONS LEAGUE QUALIFIERS

First leg lead puts Valencia in control

Valencia is close to returning to the Champions League group stage after beating Monaco 3-1 in their first leg playoff on Wednesday.

Sofiane Feghouli led two-time former finalist Valencia by setting up Rodrigo Moreno's opener and scoring his Spanish team's third goal with four minutes to play.

In other playoffs, Shakhtar Donetsk beat Rapid Vienna 1-0 thanks to Marlos' goal for the visitors just before halftime.

Celtic edged Swedish side Malmo 3-2 after squandering a two-goal lead and letting Jo Inge Berget score twice, including a second goal late in injury time for the visitors.

Dinamo Zabreg also got a stoppage-time goal from Josip Pivaric to complete its 2-1 comeback at Albania's Skenderbeu, while Maccabi Tel Aviv earned a 2-2 draw at Basel. THE ASSOCIATED PRESS

IN BRIEF

Kovacic presented to Madrid fans at Bernabeu

Real Madrid presented new midfielder Mateo Kovacic to fans at the Santiago Bernabeu stadium on Wednesday.

President Florentino Perez said that although the 21-year-old Kovacic was young, he is experienced and possesses great talent.

Croat Kovacic joins countryman Luka Modric at the club. THE ASSOCIATED PRESS

Barcelona defender Pique banned for linesman insult

Barcelona defender Gerard Pique has been given a four-match ban for insulting a linesman during the second leg of the Spanish Super Cup, which his club lost 5-1 on aggregate to Athletic Bilbao. A Competition Committee on Wednesday ordered the sanction having studied the case after Pique was sent off. THE ASSOCIATED PRESS

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- 1 1/2 lb boneless skinless chicken breasts
- 1/2 cup canned corn kernels, drained
- 1/2 cup diced red bell pepper
- 1/2 cup canned black beans, drained and rinsed
- 1/4 cup chopped green onion
- 3 Tbsp chopped cilantro or parsley

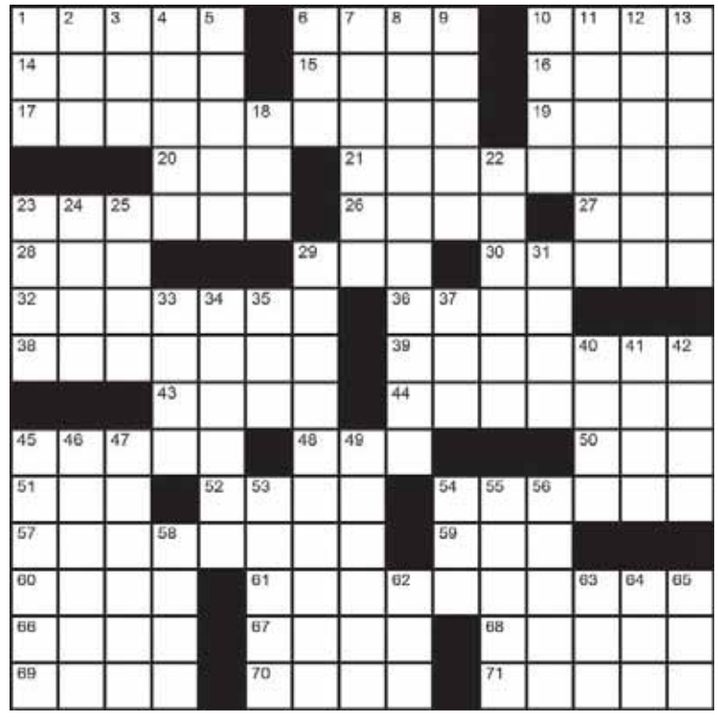
Directions
1. Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. If you have time, marinate the chicken in the sauce for at least 30 minutes. Cover with plastic wrap and refrigerate.
2. For the salsa, spray a non-stick skillet with cooking oil. Place over medium heat, and sauté the corn and red pepper until the corn begins to brown, about five minutes. Stir in the beans, onion and cilantro. Set aside.
3. Remove the chicken from the marinade, and set the marinade aside in a small saucepan.
4. Preheat the barbecue or a non-stick grill pan to medium and spray with cooking oil. Cook the chicken over medium-high heat for 10 minutes per side, or until temperature reaches 165 F.
5. While the chicken is cooking, bring the reserved marinade to a boil and boil for five minutes. Serve the chicken with the sauce and salsa on the side.

Nutrition per serving
- Calories 205
- Protein 28 g
- Carbohydrates 16 g
- Total fat 2 g
- Cholesterol 66 mg
- Sodium 270 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Comp. help givers
6. Falls asleep, with Off
10. Cobbler's tools
14. "The Good in Everyone" band from Halifax
15. Catch
16. Decoy
17. Narrow escape: 2 wds.
19. Being
20. Ink-on-skin pic
21. Material used for making mechanical toys back in the olden days
23. Crossword's friend
26. Un-evens
27. "The Fresh Prince of __-Air"
28. William Tell's canton
29. For
30. Risky/complicated
32. Pasta dish
36. Laboratory bottle
38. Level/squash
39. Towards the middle
43. Partner of Pete and Julie on 1968 to 1973 series "The Mod Squad"
44. Formal surrendering, as of territory
45. Jiggly dessert
48. Informally seat the theatre-goers
50. Air Supply's "Just __ Am"
51. Disney deer
52. Waistcloth
54. Sculpting hammer
57. Like the sound of chalk on the board
59. Lacto-__ vegetarian
60. Plug away
61. Wildlife park attraction near Hamilton, African __ __
66. Wax-coated cheese
67. Ms. Skye of "Say Anything..." (1989)
68. Work the fashion runway
69. Soaks flax
70. Tire: French
71. Uses the keyboard

DOWN
1. QVC equivalent in Canada
2. Building wing
3. Dove's murmur
4. Must: 2 wds.
5. __ preview (Special movie showing)
6. __ degree
7. Speechmaker
8. Lolita __ (London, Ontario born actress of 1998's "Gods and Monsters")
9. Fork out
10. Eden offspring
11. Sushi condiment
12. One putting a home on the market, say
13. __-eyed gaze
18. After-R trio
22. "Fiddlesticks!" and "Poppycock!"
23. Jan & Dean's "__ City"
24. __ Mountains (Range in Russia)
25. Canadian fashion makeover show, "__ on a Dime"
29. __ Cactus (Plant found in southern parts of the Prairies, it looks like an item in a sewing kit)
31. Sigher's word
33. "__ do." (This will suffice)
34. Futile
35. "1-2-3" singer Mr. Barry
37. 'Serpent' tail?
40. Currency in Oman
41. Medicine amount
42. Huffy-puffy mood
45. Royal court entertainer
46. Make the message secret
47. Cowboy's corraler
49. George Harrison, as a Beatle = The __ __
53. At __ (All at once)
54. Rap artist, __ Def
55. Stop, in sailing
56. Elevated
58. Tree types
62. Modern, in Munich
63. Alsatian artist Jean
64. 'Street' in Montreal
65. TGIF part

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may not change your opinion often but when you do you really do — it's more a transformation than an adjustment — and that will happen today. You will be a totally different, and better, person come morning.

Taurus April 21 - May 21
Is it possible to have too much of a good thing? You will get everything you desire today, plus a few things you didn't eveb know you wanted.

Gemini May 22 - June 21
No matter how much you want to help other people, you must help yourself first. What good will you be to others if you are constantly worrying about paying the bills? Financial security must come first.

Cancer June 22 - July 23
Today marks an ending of some sort. The good thing about endings is that they make new beginnings possible, so don't get upset if you have to say goodbye to something you cherish.

Leo July 24 - Aug. 23
Aim high and refuse to accept second best. That applies especially to relationships. If you forget everything else over the next 24 hours at least remember the three Ls: Love, laugh and learn.

Virgo Aug. 24 - Sept. 23
Travel plans could be disrupted but there is no point getting angry about it. If you find yourself stranded, just look around a bit and admire the scenery.

Libra Sept. 24 - Oct. 23
You may find a colleague unusually obstructive today, but don't cross them off your list yet because the planets suggest it is not their fault. They too are coming under pressure from people further up the hierarchy.

Scorpio Oct. 24 - Nov. 22
There is no point trying to run away from your problems. The more constructive part of your nature knows it must face them head on. Life may be tough but you can be tough too.

Sagittarius Nov. 23 - Dec. 21
Someone will come to your rescue and do what has to be done with no questions asked and no thought of reward. You should be grateful to have friends as good as this.

Capricorn Dec. 22 - Jan. 20
You need to make up your mind and choose between equally appealing alternatives. Don't fall into the trap of thinking that you can have it both ways because most likely you will end up with nothing.

Aquarius Jan. 21 - Feb. 19
You are holding on too tightly and strangling the life out of a situation that needs a lighter touch. You don't have to be master of all you survey. You only have to master yourself.

Pisces Feb. 20 - March 20
You will be generous today and others will be generous back. Look past superficial differences and realize that we are all very much the same under the skin.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					9		2	6
					7	1		8
			3	1			4	
		7					6	1
		6		7		5		
9	4					3		
	6			5	3			
4		3	2					
1	8		6					

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WESTJET

*No purchase or fundraising necessary. Open to age of majority legal residents of Canada. Contest opens August 20, 2015 at 12:01 AM PT and closes August 21, 2015 (11:59 PM PT). Enter online for full rules (including details on how to enter without purchase or fundraising) at www.cibcrunforthecure.com One (1) prize available to be won. The prize consists of one voucher that is valid for one (1) round-trip flight for two (2) people from any Canadian WestJet destination to any scheduled WestJet destination (conditions apply). Each voucher has a maximum potential retail value of $2,900 CAD, although the actual value will depend on the destination chosen and time of booking from originating city. Odds depend on number of eligible entries submitted and received. Skill-testing question required.

Canadian Breast Cancer Foundation ™

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